TRAFFIC STOPPERS

A
Memorial Foundation
Cookbook

WASHINGTON STATE PATROL

DEDICATION

This book is dedicated to the memory of those Washington State Patrol employees who have given their lives in the line of duty throughout the history of the Patrol.

"SERVICE WITH HUMILITY"

TRAFFIC STOPPERS

A COOKBOOK

1988

All proceeds from the sale of this cookbook are donated to the

WASHINGTON STATE PATROL

MEMORIAL FOUNDATION

The Memorial Foundation was formed in 1982, as a non-profit organization. The Foundation supports its members during times of financial adversities due to, but not limited to, medical expenses, family emergencies, and other hardships.

WASHINGTON STATE PATROL

WASHINGTON STATE PATROL

A HISTORY

The Highway Patrol was created on June 8, 1921, when the legislature recognized the need for traffic supervision on state highways. By September of that year, the first six patrolmen were commissioned. In 1933, the Highway Patrol became the Washington State Patrol and the officers were given full police powers.

Today, with nearly 800 commissioned officers and a support staff of 500 non-commissioned employees, the Washington State Patrol serves the 4 million citizens of the state, through 8 district and 31 detachment offices.

WASHINGTON STATE PATROL

Expression of Appreciation

We would like to thank the Board of Directors and Officers of the Memorial Foundation and the many members of the State Patrol who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of these cookbooks. A special thanks goes to Memorial Foundation Manager, Sharon Phillips, for her encouragement and support. Without all your help, this book would not have been possible.

The Cookbook Committee

Laurie Abel, D7, Everett
Anne Sweetland, D8, Bremerton

WASHINGTON STATE PATROL

Your Favorite Recipes

Recipe	Page Number

FUNDCRAFT PUBLISHING, INC.
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APPETIZERS
RELISHES
PICKLES

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. *Caviar flavored with onion juice.*
2. *Cream cheese with chopped chutney and dash of curry powder.*
3. *Lobster tail moistened with lemon juice.*
4. *Almonds or pecans roasted and chopped, then mixed with anchovy paste.*
5. *Cream cheese with chopped pickle.*
6. *Chicken livers minced and moistened with mayonnaise.*
7. *Cheese squares with olive attached by toothpick.*
8. *Liverwurst with pistachio nuts.*
9. *Sardines with caviar paste.*
10. *Minced eggs with anchovies.*
11. *Cream cheese and horseradish.*
12. *Cream cheese and anchovy paste with grated onion.*
13. *Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.*
14. *Peanut butter and bacon toasted on dark bread.*
15. *Deviled ham with chopped onions and Spanish olives.*
16. *Stilton cheese moistened with Port wine.*
17. *Shrimp flavored with French dressing.*
18. *Caviar mixed with cream cheese with dash of Worcestershire sauce.*
19. *Peanuts roasted, crushed and mixed with anchovy paste.*
20. *Sardine slices topped with chopped olives.*
21. *Pimento cheese mixed with a dash of horseradish.*
22. *Minced shrimp with onion juice.*
23. *Cream cheese with dash of Worcestershire sauce and chives.*

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APPETIZERS, RELISHES & PICKLES

AMBROSIA SPREAD

1 (11 oz.) can Mandarin orange sections, drained
1 (8 oz.) container soft style cream cheese with pineapple
1/4 c. toasted coconut
1/4 c. toasted chopped almonds
banana or date nut breads

Reserve several orange sections; chop remaining sections. In medium bowl, stir together chopped orange sections, cream cheese, coconut and chopped almonds. Spoon into serving dish. Top with reserved orange sections.

Serve with banana or date bread slices.

Deborah Kuttel
Identification Section

ANGELS ON HORSEBACK

2 cans whole water chestnuts
1 pkg. bacon, cut in half
1 c. ketchup
3/4 c. granulated sugar
1 tsp. Worcestershire sauce

Wrap bacon around chestnuts and hold in place with round toothpicks. Place on cookie sheet and bake at 425° for 20 minutes. Remove from oven and drain fat. Mix ketchup, sugar and Worcestershire sauce in 8 x 8-inch pan. Add chestnuts and cover each one with sauce. Cover with foil. Bake at 350° for 20 minutes. Serve hot.

May be made ahead and reheated in microwave for approximately 5 minutes on High.

Jackie O'Brien, VIN
Inspector, D7 and Wife of
Sgt. Mike O'Brien, D2

ARTICHOKE DIP

1 (14 oz.) can artichoke hearts
1 c. Parmesan cheese
1 small can chopped green chilies, drained
1 c. mayonnaise

Drain and chop artichoke hearts. Mix with other ingredients. Place mixture in dish and heat in microwave or oven. Serve with tortilla chips.

Becky McNairy,
Wife of Sgt. Roy McNairy

ARTICHOKE DIP

1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
1 c. sour cream
1 c. Parmesan cheese
2 to 3 cloves garlic, minced
2 cans (14 oz. each) water packed artichoke hearts, drained and chopped
1/2 tsp. dill

Combine all ingredients. Place in an 8-inch round cake pan. Bake in 350° oven for 30 minutes. Serve with assorted crackers or carrots and celery sticks.

Susan Huntington, Wife of
Trooper John Huntington, D8

BEEF FOLDOVERS

2 (8 oz.) pkg. refrigerator biscuits
1 lb. ground beef
1 small onion, chopped
1 (8 oz.) can tomato sauce
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. oregano
cooking oil

Separate biscuits; pat each into 5-inch circles. Lightly brown beef and onions; drain. Add tomato sauce, salt, pepper and oregano. Place heaping spoonful of meat mixture on each biscuit circle. Fold in half and seal edges. Deep fry in 2-inches of oil at 375° until golden brown. Drain on paper towel.

Cozyet Lueck, Wife of
Trooper Steve Lueck, D3

BEEF SPREAD

1 (8 oz.) pkg. cream cheese
2 Tbsp. milk
1 pkg. Leo's sliced beef (cut it up)
1/4 c. finely chopped green pepper
2 Tbsp. dried, minced onion
1/4 tsp. pepper
1/2 c. sour cream

Mix all ingredients together and put in baking dish; heat. Serve with crackers.

Kathie Tobin
Communications, D6

BLUE CHEESE CRUMBLE

8 oz. Blue cheese
1 clove garlic, minced
1/3 c. olive oil
3 Tbsp. wine vinegar
1 Tbsp. lemon juice
1/2 c. chopped red onion
1/4 c. minced parsley
freshly ground pepper

Crumble Blue cheese. Sprinkle into an 8-inch shallow dish. Scatter over garlic. Pour over olive oil, wine, vinegar and lemon juice. Top with red onion, parsley and pepper.

Serve with Granny Smith apples, sliced, and Triscuits. (Can also be used on top of any beef.)

Candi Dana, Wife of
Sgt. Gene Dana, D6

CHILI CHEESE DIP

1 lb. Velveeta cheese
1 c. chili without beans
1 c. small chopped green chilies
1 c. chopped olives

Melt Velveeta cheese. Add chili without beans, drained chopped green chilies and drained chopped olives; mix well. Serve hot with tortilla chips.

A small crock-pot works great.

Joyce Svinth, Wife of
Detective Steve Svinth

CHINESE RED PORK

2 to 3 lb. boneless pork tenderloin
2/3 c. pineapple juice
1/4 c. honey
3 Tbsp. rum
2 Tbsp. soy sauce
1/4 tsp. salt
1/4 tsp. red food coloring
1 Tbsp. cornstarch

Comment: A wonderful splurge for a special occasion. Really a winner.

Mix everything except the tenderloin and cornstarch. Put pork in flat pan and pour the sauce over. Marinate overnight. When ready to prepare, drain sauce from pork and put in a saucepan. Mix cornstarch with sauce and heat. Pour over pork and bake at 325° until done, approximately 1 1/2 hours. Serve with hot mustard, catsup and toasted sesame seed.

Can be baked the day before and refrigerated. Slices well when cool.

Colman's dry mustard is excellent for use with this recipe.

Barbara Harvey, retired
D7 secretary

CLAM AND OYSTER DIP

8 oz. cream cheese, softened
1/2 c. sour cream
2 Tbsp. mayonnaise
5 drops Tabasco sauce (or to taste)
2 Tbsp. finely grated onion
3 Tbsp. dill weed
1 (3 2/3 oz.) can chopped clams
1 (3 2/3 oz.) can smoked oysters, chopped

Mix cream cheese, sour cream, mayonnaise, Tabasco sauce, onion and dill weed until smooth. Add clams and oysters.

Carol Alexander
Communications, D2

CRAB DIP

1 (8 oz.) pkg. Philadelphia cream cheese
3 Tbsp. Nalley's French dressing
2 Tbsp. catsup
1/2 c. mayonnaise
3 tsp. dry minced onion
1 (6 1/2 oz.) can Royal red crab

Cream together cream cheese, dressing, catsup and mayonnaise. Add onion and drained crab.

Cherry Bowen
Traffic Investigation

CRAB PATE

cream of mushroom soup
8 oz. pkg. cream cheese
1 pkg. Knox gelatine
1/2 c. green onions
1/2 c. celery, chopped
1 can crab, drained
1 c. mayonnaise
1/2 c. water

Mix cream of mushroom soup and cream cheese over low heat. Mix 1/2 cup water and Knox gelatine. Add to soup mixture, then add green onions, celery, crab and mayonnaise. Pour into oiled mold (oil with mayonnaise) and refrigerate. Serve over lettuce leaves.

Marilyn Marlow, Wife of
Lt. Jim Marlow, D8

CREAM CHEESE BALL

2 (8 oz.) pkg. cream cheese, softened
1/4 c. finely chopped green pepper
1 Tbsp. seasoned salt
1 (8 1/4 oz.) can crushed pineapple, drained
2 Tbsp. minced onion
2 c. pecans, chopped

Mix all ingredients except the pecans. Form into a ball and roll in the nuts. Wrap in plastic wrap and chill. Serve as a spread for crackers.

Susan Spencer
Ephrata Detachment

CURRIED SHRIMP PATE

6 oz. cream cheese
1 c. grated Cheddar
1/2 tsp. curry powder
1/2 tsp. garlic powder
1/4 tsp. salt
4 tsp. sherry
1 jar Major Grey's chutney
1/2 bunch green onions, chopped
1 can drained shrimp

Blend cream cheese, Cheddar, curry powder, garlic powder, salt and sherry thoroughly. Shape into flat-topped round on tray; cover with chutney, chopped green onions and shrimp. Serve with sesame seed crackers.

I usually put the shrimp on first, then the chutney and then the green onions.

Kathie Tobin
Communications, D6

CURRIED SHRIMP DIP

1 (8 oz.) pkg. softened cream cheese
1/2 c. mayonnaise
1/2 tsp. curry
1/2 tsp. seasoning salt
1/2 Tbsp. parsley
6 green onions, chopped
1 can small shrimp

Cream together (in blender or food processor) cream cheese, mayo, curry, parsley and seasoning salt until smooth. Spread creamed ingredients into serving dish. Layer chopped onions on top. Drain and rinse shrimp; spread over onions. Cover and refrigerate. Serve with crackers or vegetables. (Double recipe for veggies.)

Martha L. Harvey
Clerk-typist, D6

D. B.'S DESIGNER JEAN PITA POCKETS

1 1/2 c. finely diced celery
3 (8 oz.) pkg. softened cream cheese
1/4 c. instant minced onions
1 1/4 c. Miracle Whip (not mayonnaise)
1 c. diced water chestnuts, drained
1 c. small shrimp (or more)
6 pita pockets

Cream together cream cheese and Miracle Whip. Add onions, celery and water chestnuts. Fold in shrimp. Make slit in pita pockets. With back side of wooden spoon, push filling to edges of pockets. Lay pocket down and smooth out with your hand until evenly spread. Cover and refrigerate at least overnight or up to 24 hours. Cut in wedges to serve.

Note: Filling can be prepared the night before stuffing the pockets, however, don't add shrimp until ready to stuff. Don't overstuff as they might become soggy. No baking and a very tasty appetizer.

Barbara Harvey, retired D7
secretary

HOMEMADE SAUSAGE

5 lb. hamburger (does not have to be lean)
3 rounded tsp. Morton Tender Quick salt (no substitutes)
2 1/2 tsp. mustard seed
1 1/2 Tbsp. coarse ground pepper
2 1/2 Tbsp. garlic salt
1 Tbsp. hickory smoke salt
2 Tbsp. Worcestershire sauce

First day: Mix well, cover. Refrigerate.

Second day: Mix well, cover. Refrigerate.

Third day: Divide mixture into five sections and roll each section into about 5 x 1 1/2-inch long rolls. Place on rack of boiler pan. Put in warm oven (140°) on bottom rack for about 12 to 16 hours, turning every two or three hours to cook evenly. Cool before wrapping or eating.

You can roll in netting or cheesecloth to hang in smoker for smokier flavor.

Serve with crackers and cheese.

Sausage will form its own casing. It will not fall apart. Freezes very well.

Anne Sweetland
Secretary, D8
Leona Cramer
Traffic Investigation

HOT ARTICHOKE DIP

1 small jar marinated artichokes, drained
1 small can artichokes in water, drained
1 small can green chilies, chopped
6 Tbsp. mayonnaise
1 1/2 c. Cheddar cheese, grated

Place chopped artichokes in bottom of shallow, greased dish. Spread chilies on top. Smooth on mayonnaise and sprinkle with grated cheese. Place in 350° oven for 10 minutes. Serve with round taco chips.

Diane Ray
Clerk-Typist, D3

HOT CHEESE DIP

2 cubes butter
2 cans cream of mushroom soup
1 lb. grated hot pepper cheese
1 large or 2 small pkg. frozen chopped broccoli (if you use fresh broccoli, chop in food processor)

Melt butter in crock-pot. Add mushroom soup; stir. Add cheese. Heat until melted. Serve with Dorito chips. Very tasty.

Maggie Overdahl, Wife of
Trooper Peter S. Overdahl, D3

HOT SALMON PUFFS

1 (15 1/2 oz.) can salmon
1 c. water
1/2 c. butter
12 drops Tabasco sauce
1/4 tsp. salt
1 c. all-purpose flour
4 eggs
4 Tbsp. finely minced chives
oil for frying
horseradish sauce

Drain salmon. Remove skin and bones, if desired. Add water, butter, Tabasco sauce and salt to saucepan. Bring to full boil over high heat. Add flour all at once. Stir and cook over medium heat for about 3 minutes, until mixture leaves sides of pan and thickens. Remove from heat and beat in eggs one at a time until mixture is smooth and shiny. Add chives and salmon; stir until blended. Cool 15 minutes. Heat 2 to 2 1/2 inches oil in pan to 370°. Drop level teaspoons salmon mixture into hot oil. Fry, turning occasionally, until golden, about 3 minutes; drain. Keep warm in 200° oven until serving time. Or puffs may be made ahead and frozen. Thaw and reheat

in microwave or at 300° until hot. Serve with Horseradish Sauce. Makes 60.

Horseradish Sauce:

1 c. sour cream
1 Tbsp. horseradish
2 tsp. lemon juice
1/2 tsp. sugar
1/4 tsp. salt
1/4 tsp. freshly grated lemon peel
dash of white pepper

Mix together. Chill 1 hour before serving.

Major Ken Graves and wife, Warrene

FIESTA DIP

1 (16 oz.) can refried beans
1/3 pt. sour cream
avocado dip
chopped green onions
chopped olives
chopped tomatoes
diced green chilies
taco sauce to taste
finely grated cheese

Layer all ingredients.

Peggy Cothren
Records Section

LIVER PATE

8 oz. Philadelphia cream cheese
8 oz. braunschweiger
1 envelope Knox gelatine
1 can consomme

In small bowl, blend cream cheese with braunschweiger until smooth. In small pan, mix gelatin with 1 tablespoon water and bring to boil slowly, stirring well. Pour 1/8-inch consomme mixture into mold. Place in freezer until set. Mix braunschweiger and cream cheese into consomme and pour over gelatin mixture. Refrigerate until set. Turn mold onto serving plate. Serve with crackers.

Captain Gordon L. Shea, Retired

LUMPIA SHANGHAI

1/2 lb. lean pork, finely ground
1/2 lb. shrimp, chopped finely
1/4 lb. onions, chopped finely
1/4 c. soy sauce
1 tsp. Accent
1/2 tsp. salt
50 pieces lumpia wrappers
oil for deep-fat frying

Mix thoroughly all ingredients except lumpia wrappers and oil for frying. Take a heaping tablespoonful and roll in lumpia wrapper. Make long roll about 3/4-inch in diameter. Cut to 2-inch pieces using very sharp knife. Deep fat fry. Serve with soy sauce and lemon or sweet sour sauce.

Zenie C. Esmele
Clerk-Typist, Seattle, D2

MEXI-DIP

1 (16 oz.) can refried beans
1 avocado, smashed
1 c. sour cream
1/2 c. mayonnaise
1/2 c. grated Cheddar cheese
1 chopped fresh tomato
1 small can chopped black olives
1 to 2 sliced green onions
1 pkg. taco seasoning

Mix 1/2 package taco seasoning with beans, then spread on platter. Layer avocado. Mix remaining seasoning with mayonnaise and sour cream, then spread over beans and avocado. Add chopped vegetables, then cheese. Serve with tortilla chips.

Debbie Lee, Receptionist
Academy

PARTY DIP

2 c. mayonnaise
2 c. sour cream
1 c. Cheddar cheese
1 Tbsp. minced garlic
3/4 to 1 lb. shrimp
3 pkg. pressed ham (lunch meat)
2 Tbsp. parsley
2 Tbsp. minced onion

Mix together and let stand for 1/2 hour. Purchase 2 Flintstone breads (order unsliced).

Darcy Griffin, Wife of
Trooper Don Griffin, D8

PICKLED ASPARAGUS

asparagus (fresh spears), enough to fill 10 qt. jars
3 qt. water
2 qt. white vinegar
10 Tbsp. noniodized salt
1 Tbsp. pickling spice (pick out cloves, tie in cheesecloth)
garlic

Combine water, salt, vinegar and spices. Boil 15 minutes. Put 1 small clove of garlic into each jar. Blanch asparagus 1 1/2 to 2 minutes. Drop into ice water 2 minutes.

Pack into jars; fill jars with brine. Seal. Let stand for 2 weeks. Makes 10 quarts.

Joann Small, Wife of
Captain Wayne Small

PICKLED EGGS

3 doz. boiled eggs
1 qt. white vinegar
6 to 8 cloves garlic
10 dry red peppers
1 jar yellow pickled peppers
1 large onion, sliced
4 Tbsp. plain salt

Alternate eggs, garlic, peppers and onion in gallon jar. Add salt and vinegar. Fill to top with water. Cover with plastic wrap and lid. Leave at room temperature 3 to 4 days. Put in refrigerator for 3 to 4 weeks. If too strong, drain off some brine and add water.

Nancy M. Swartz, Wife of
Lieutenant James Swartz, D4

PICKLED MUSHROOMS

1/2 c. vinegar
1/3 c. oil
2 medium sized onions, sliced and separated in rings
1 tsp. salt
2 tsp. dried parsley
1 tsp. mustard (prepared)
1 Tbsp. brown sugar
1 lb. fresh scrubbed mushrooms (small)

In saucepan, combine and bring to boil vinegar, oil, onions, salt, parsley, prepared mustard and brown sugar. After these ingredients are combined, add mushrooms and simmer 5 minutes. Chill thoroughly (covered) before serving. If chilled one whole day before serving, the flavor is even better.

Ann Leeberg
Records Section

SHRIMP COCKTAIL

1 bottle Heinz chili sauce
1 bottle hot ketchup
1 Tbsp. lemon
1 tsp. Worcestershire sauce
dash of salt and pepper
1/2 c. horseradish

Combine all ingredients and stir in 1 pound fresh shrimp

and stand back. This is delicious! Serve with chips or crackers.

Sheri Bachafner
Sandy Morgan, D3

SHRIMP DIP

1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
1/4 to 1/3 c. cottage cheese
1 (4 1/2 oz.) can broken or tiny shrimp, drained
1 tsp. dill seed
milk to thin (if desired)

Leave cream cheese out of refrigerator about 2 hours to soften. Mix ingredients together in order listed: cream cheese, mayonnaise, cottage cheese, shrimp and dill seed. Use milk to thin if desired.

Fiscal Section

SHRIMP DIP

1/2 lb. Cheddar cheese
1 (5 oz.) can shrimp
1 small onion
1 c. mayonnaise
1 tsp. Worcestershire sauce
dash of garlic salt

Grind Cheddar cheese, shrimp and onion. Mix with mayonnaise, Worcestershire sauce and garlic salt. Store in refrigerator. Best made several hours ahead.

Betty Kelley, Wife of
Retired Lt. Col. Ron Kelley

SHRIMP MOLD

1 can tomato soup
1 (8 oz.) pkg. cream cheese (soft)
1 envelope Knox gelatine
1 c. mayonnaise
1/4 tsp. salt
1/3 c. finely chopped green onions
1 lb. cooked shrimp

Soak gelatine in 1/4 cup cold water. Heat soup to boiling; blend in gelatine and cream cheese. Mix well with beater. Cool and add remaining ingredients. Put into oiled mold and refrigerate. (Oil mold with mayonnaise.) When firm, unmold and eat with crackers.

Alice Zukowski
Accident Records

SHRIMP ROLLS

1 to 2 Tbsp. sugar
1/4 c. soy sauce
2 Tbsp. Worcestershire sauce
1 tsp. salt
1 Tbsp. white wine
2 Tbsp. lemon juice
1/2 lb. medium-sized shrimp
15 pieces lumpia wrapper or egg roll
1/2 medium-sized carrot, in 2-inch pieces
1 bunch green onions, in 2-inch pieces

Prepare marinade by combining sugar, soy sauce, Worcestershire sauce, white wine and lemon juice. Shell shrimp, leaving tails. Devein. Wrap shrimp with 2 to 3 strips each of carrot and spring onion in lumpia wrapper. Roll. Seal with cornstarch paste. Deep fat fry. Serve hot.

Zenie C. Esmele
Clerk-Typist, Seattle D2

STUFFED MUSHROOMS

approximately 12 large cleaned mushrooms (remove stems)
4 oz. cream cheese
1/2 lb. Jimmy Dean hot sausage or another brand*
1/2 c. chopped onion

Cook sausage until done and crumbly; drain. Saute onion and chopped mushroom stems. Add to sausage, then add cream cheese and mix. Stuff whole mushrooms with mixture and bake in 350° oven or microwave just until mushrooms start to water.

*May use other meat such as salami or seafood such as shrimp.

Ann Leeberg
Records Section

STUFFED MUSHROOMS

(Hors d'Oeuvres)

1 to 1 1/2 lb. bite-sized mushrooms, stems removed
1 (12 oz.) tub soft cream cheese (room temperature)
1 Tbsp. lemon juice
1/2 tsp. Worcestershire sauce
3/4 of 3 oz. can bacon bits (not imitation)
1/2 tsp. powdered garlic
1 Tbsp. dry minced onions

Wash mushrooms (save stems for spaghetti sauce, etc.) and set aside. In food processor or mixer, combine all remaining ingredients and mix well. Stuff mushrooms to overflowing with mixture. Place on foil lined broiler pan. (May be made ahead and kept, covered, overnight in refrigerator.)

When guests arrive, broil mushrooms 2 to 4 minutes (until top is brown and bubbly). Put on serving dish. Serve hot at once. Serves 4 to 5, approximately 5 each.

Pat Daviduke, Wife of
Major M. A. Daviduke, Retired

SWEET AND SOUR CHICKEN WINGS

Batter:

1 c. cornstarch
1/8 to 1/4 c. water
2 eggs

Sauce:

1/2 c. catsup
1/2 c. cider vinegar
1/2 c. soy sauce
1 c. sugar

Divide chicken wings at joints; discard tip piece. Rinse well. Dip chicken wings in batter; deep fry in hot oil (375°) for 6 minutes on each side. Drain rings.

Sauce: Mix ingredients together. Heat in saucepan over low heat, as mixture burns easy. Dip deep fried wings in sauce. Place on rack. Bake 30 minutes at 325°.

Note: Cover cookie sheet with foil, for easier clean-up.

Trooper and Mrs. Hank Edwards

TERIYAKI CHICKEN WINGS

1/4 c. soy sauce
1 Tbsp. water
2 Tbsp. oil
1 Tbsp. brown sugar
1 tsp. tenderizer
1/4 tsp. ginger
1/8 tsp. garlic powder
1/4 tsp. pepper
chicken wings

Mix ingredients. Wash and dry wings. Cut tips of wings off and discard. Cut remaining wings at joint. Place in marinade for 12 to 24 hours, turning at times. Remove from marinade and bake at 350° for 45 to 60 minutes.

Georgia Easterday
Secretary, D8

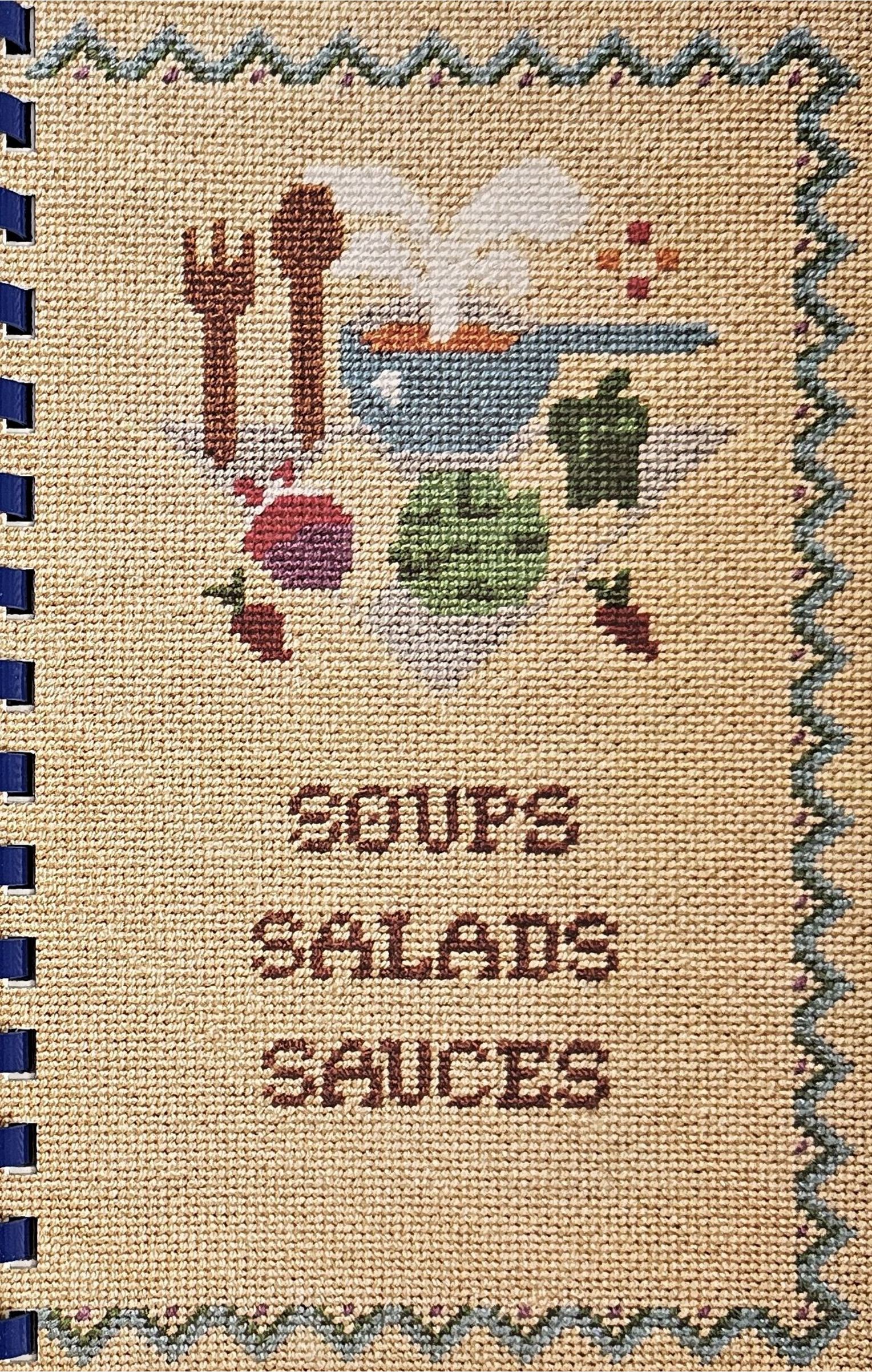
ZUCCHINI RELISH

10 c. zucchini, grated
4 c. onion, chopped
3 Tbsp. salt
2 1/2 c. vinegar
4 c. sugar
1 Tbsp. dry mustard
1 Tbsp. cornstarch
2 tsp. celery seed
1/2 tsp. pepper
1 Tbsp. turmeric
1 or 2 red peppers, chopped
3 green peppers, chopped

Sprinkle salt over zucchini and onion and let stand overnight. Add remaining ingredients. Cook 30 minutes and seal in jars. Makes 7 pints.

Mary Bruhn
Accident Records

<<< Extra Recipes >>>


SOUPS
SALADS
SAUCES

Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing; chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Use them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and the skin should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments

Clear Soups — crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups — cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups — Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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SOUPS, SALADS & SAUCES

AMBROSIA SALAD

1 c. sour cream
1 c. chopped walnuts
1 c. pineapple tidbits
1 c. grapes
1 c. marshmallows
1 c. Mandarin oranges
1 c. shredded coconut

Mix all ingredients in bowl and refrigerate overnight. Serve next day. Keeps well in Tupperware.

Marsha Ginter, Wife of
Trooper Don Ginter, Academy

BLUE CHEESE DRESSING

2 oz. Blue cheese
2 c. mayonnaise
1 Tbsp. chopped chives
1/4 tsp. pepper
1/4 tsp. garlic powder
1/2 tsp. Worcestershire sauce
1 c. sour cream
1/2 c. buttermilk

Blend cheese, mayonnaise, chives and seasonings. Stir in sour cream; add buttermilk. Chill in refrigerator. If dressing is too thick, thin with buttermilk. Yield: 1 quart.

Yvonne Haas, Wife of
Trooper Mark Haas, D4

CABBAGE PATCH SOUP

1 to 1 1/2 lb. hamburger
3 cans chicken broth
1 large can tomatoes
2 cans kidney beans with juice
1 medium onion (yellow)
1 c. celery, chopped
1 c. carrots, chopped
1 head cabbage
salt, pepper, cumin and chili powder to taste (use a medium chili powder for zip)

Brown and drain hamburger and onion. Chop cabbage into about 1-inch pieces. In a large kettle, add cabbage and remaining ingredients, including hamburger. Cook until vegetables are tender, about 45 minutes to 1 hour.

Great with cornbread.

C. J. Braniff, Wife of
Trooper Tim Braniff, D7

CABBAGE TACO SOUP

1 lb. ground beef
1 small or medium onion
few stalks celery
1 green pepper
1/2 head cabbage
1 pkg. taco seasoning
16 oz. can stewed tomatoes
8 oz. kidney beans

Brown meat. Add onion, celery and pepper. Chop cabbage; add to meat mixture. Add taco seasoning, tomatoes and beans. Heat through.

Filling and satisfying.

Note: For spicier, add chili powder.

Tracy Kendall
Communications, D8

CAULIFLOWER SHRIMP/DIP SALAD

1 head cauliflower
8 oz. yogurt (or to taste)
8 oz. shrimp (or as much as you want)
1 tsp. prepared mustard
1/2 c. mayonnaise
fresh dill

Break cauliflower into flowerets. Blanch quickly; drain and chill. Add shrimp. Mix yogurt, mustard, mayonnaise and fresh dill and add to cauliflower and shrimp and mix well. Chill. Serve over lettuce leaves or plain.

Marilyn Marlow, Wife of
Lt. Jim Marlow, D8

CHINESE SALAD

1/2 head chopped cabbage
2 green onions, chopped
2 Tbsp. sesame seed, toasted
1 chicken breast, cooked and chopped (can use shrimp or crab)

Dressing:

1/2 c. salad oil
2 Tbsp. sugar
1/2 tsp. salt
1 tsp. pepper
3 tsp. m.s.g. (Accent)

Mix all the ingredients for the salad together. Pour dressing over the salad and toss. Cover and let stand at least 4 hours. One hour before serving, crumble dry Ramen noodles and mix into the salad. Delicious!

For simple dressing, I use the flavoring from the Ramen noodles plus 1/4 cup oil.

Sharon L. Doty, Wife of
Trooper Del Doty, D7

COLESLAW DRESSING

1 medium onion, chopped
1 c. sugar
1 c. oil
1/2 c. cider vinegar
1/3 c. mayonnaise
2 tsp. celery seed
1 head cabbage

Combine the onion and sugar in a bowl. Cover with plastic and let sit for 30 minutes at room temperature. Add remaining ingredients and blend well; cover and refrigerate. Shred cabbage. Add desired amount of dressing and toss.

A wonderful dressing. Keeps well in refrigerator.

Barbara Harvey, Retired
D7 Secretary

CREAMY FRUIT SALAD

1 (16 oz.) can fruit cocktail, undrained
1 (16 oz.) can pineapple tidbits, undrained
1 pkg. (large) instant vanilla or coconut pudding
2 c. miniature marshmallows
3/4 c. whipped topping

Combine fruits with pudding and stir well to blend. Add marshmallows and topping. Slice in bananas if desired. Keeps 2 to 3 days in refrigerator.

I put 1 can Mandarin oranges (drained) and maraschino cherries in too.

Jean Tisdale, Records

CREAMY POTATO SOUP

4 slices bacon
3 peeled potatoes
1 chopped carrot
1 chopped onion
1 c. sour cream
2 c. milk
2 c. chicken broth
2 Tbsp. paprika
2 Tbsp. cornstarch
1/2 c. chopped celery
1 tsp. thyme

Cook bacon until crisp; drain. Reserve 3 tablespoons drippings; set aside. To bacon drippings, add chopped potatoes, onion, carrot and celery. Cover and cook over low heat about 20 minutes until tender. Stir in milk, broth and seasonings. Bring to boil. Stir together sour cream and cornstarch. Add a little hot mixture to sour cream. Return to remaining hot mixture in pan. Cook and stir until bubbling. Top with bacon pieces.

If you use slow cooker, after cooking bacon, add all but sour cream mixture and cook several hours. Half hour before serving, add sour cream mixture slowly.

Kathy A. Ziesemer
Communications, D7

FROZEN CRANBERRY SALAD

2 cans whole berry cranberry sauce
4 Tbsp. lemon juice
3 oz. cream cheese
1 c. powdered sugar
1/4 c. mayonnaise
3/4 c. nuts
1 c. cream, whipped

Blend cranberries and lemon juice. Mix cheese, sugar, mayonnaise and whipped cream. Spread over cranberries. Sprinkle nuts on top. Freeze. (Double recipe for 9 x 13-inch dish.)

Sharon Killian, Wife of
Sergeant Bud Killian

FRUIT AND CABBAGE SALAD

2 oranges, pared and sectioned
2 apples, chopped
2 c. seedless green grapes
1 small cabbage, chopped
1/2 c. whipping cream
1 Tbsp. sugar
1 Tbsp. lemon juice
1/4 tsp. salt
1/2 c. mayonnaise

Place oranges, apples, cabbage and grapes in bowl. Beat whipping cream in chilled bowl until stiff. Fold whipped cream, sugar and lemon juice into mayonnaise. Stir into fruit mixture. Serves 6.

Kathy Johnson, Wife of
Trooper Warren Johnson, Retired

GOURMET GREEN SALAD

3 types of lettuce (torn)
9 mushrooms, sliced
6 green onions
6 to 9 strips bacon, fried and crumbled
slices almonds
grated Parmesan cheese
1 c. fresh bean sprouts

Combine all ingredients in large salad bowl. Save Parmesan cheese and almonds for adding to the top after the dressing has been added.

Dressing:

3 Tbsp. lemon juice
1 tsp. salt
1/4 tsp. sugar
1 tsp. dill weed
9 Tbsp. salad oil
1 tsp. salad herbs
1 clove garlic, chopped
dashes of red wine vinegar and lemon pepper

Mix well and refrigerate. (May be made ahead and stored.)

Joyce Pierce, Wife of
Captain Russ Pierce

GREEN DREAM

1 large pkg. lime Jell-O
6 oz. cream cheese, soft
1 pt. whipping cream
1 small pkg. walnuts
1 small can crushed pineapple

In medium bowl, dissolve Jell-O in 1 cup boiling water. Add 1 cup cold water and let thicken in refrigerator. Drain pineapple thoroughly and mix with cream cheese in large bowl. Add walnuts. Whip refrigerated Jell-O and add to mixture in large bowl. Whip cream and add to Jell-O mixture. Do not overmix. Place in refrigerator to set.

Note: Cool Whip may be substituted for whipping cream. Top with Cool Whip or favorite garnish.

Sgt. Bill Ford, Fiscal Office
Wandalee Jeffries,
Records Section

HAMBURGER SOUP

5 c. water
1 (16 oz.) can tomatoes, chopped
1 tsp. basil
1/2 c. celery
1/3 c. pearl barley
2 Tbsp. instant beef bouillon
1/4 c. catsup
1 lb. ground beef
1 c. chopped onion
2 sliced carrots
1 c. broccoli or cabbage
salt and pepper
2 tsp. seasoning salt

Brown ground beef. Add remaining ingredients and simmer 1 hour. Freezes well.

Shirley DeRoche
Academy Kitchen

HOMEMADE SPAGHETTI SAUCE

1 1/2 lb. seasoned sausage
1 (16 oz.) can stewed tomatoes (undrained)
2 (8 oz.) cans tomato sauce
1 Tbsp. salt (or to taste)
1 Tbsp. coarse pepper (or to taste)
1 1/2 c. sliced mushrooms
1 large onion, chopped
1 clove garlic, finely chopped
1 1/2 Tbsp. dried basil leaves
1 1/2 Tbsp. dried oregano leaves
1/2 c. water

Brown seasoned sausage; drain off fat. Add all remaining ingredients. Heat to boiling. Reduce heat and simmer until onions are tender, sausage cooked and sauce thickened, about 15 to 20 minutes.

Cathy Yunck, Wife of
Detective Ron Yunck

HOT GERMAN POTATO SALAD

6 medium potatoes, cooked
6 slices bacon, cut up
2 Tbsp. flour
2 Tbsp. sugar
1 1/2 tsp. salt
dash of pepper
1/2 tsp. celery seed
3/4 c. water
1/3 c. vinegar

Pare potatoes, slice or dice. Fry bacon in skillet; drain on absorbent paper. In bacon fat, blend flour, sugar, pepper, salt and celery seed. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Carefully stir in potatoes and bacon. Cover and cook over low heat until potatoes are thoroughly heated.

Yvonne Haas, Wife of
Trooper Mark Haas, D4

HOT LUNCHEON SALAD

2 c. fish or fowl*
1 c. thinly sliced celery
2 c. Cheddar cheese croutons
1 c. mayonnaise or salad dressing
1 can water chestnuts (6 to 8 oz.), sliced
2 Tbsp. instant minced onion
3/4 c. diced Velveeta cheese

*Use salmon, tuna, chicken or turkey.

Mix together. Spoon into large casserole. Bake at 450° for 10 to 15 minutes, until just bubbly.

All ingredients are cooked, so it only needs to be heated through.

Denise Poe
Records Section

ITALIAN SPAGHETTI SALAD

8 oz. spaghetti, broken
1 (6 oz.) jar marinated artichoke hearts
1/3 c. olive oil
2 Tbsp. white wine vinegar
1 tsp. each dry oregano and basil
1/4 tsp. each dry rosemary and pepper
2 cloves garlic, minced or pressed
1 1/2 tsp. dry mustard
1 medium carrot, diced
1 small zucchini, diced
3 oz. sliced salami, cut in julienne strips
8 oz. grated Mozzarella
1/3 c. grated Parmesan
iceberg lettuce leaves

Cook spaghetti in large kettle of boiling salted water until al dente. Drain; rinse under cold running water. Drain again. Drain marinade from artichoke hearts into a large bowl. Chop hearts and set aside. To marinade, add oil, vinegar, oregano, basil, rosemary, pepper, garlic, mustard and spaghetti. Stir to coat pasta thoroughly. Add carrot, zucchini, salami, Mozzarella, Parmesan and artichoke hearts; stir well. Line a platter with lettuce; spoon salad into center. Serve at room temperature. Makes 8 servings as a side dish.

Sue Wilcox, Wife of
Fred Wilcox, Communications, D7

JELLO SALAD

2 pkg. (3 oz. each) Jell-O (cherry and lemon or lime and lemon)
4 Tbsp. sugar
24 big marshmallows
20 oz. can crushed pineapple, drain (reserve juice)
12 oz. container Cool Whip
1 lb. container small curd cottage cheese

Heat Jell-O, marshmallows, sugar and reserved pineapple juice plus enough water to make 2 cups in a 2 quart saucepan until marshmallows are melted. Set in refrigerator until kind of jelled, but not set up. Remove from refrigerator and add Cool Whip. Use electric mixer on "blend" to combine. Then fold in the drained crushed pineapple and the cottage cheese. Pour into a large serving bowl. Chill.

Barbara Cermak
State Patrol Academy

JIM'S BARBEQUE SAUCE

1 (6 oz.) can tomato paste
1 (6 oz.) can water
4 Tbsp. brown sugar
1/2 tsp. salt
1/4 tsp. garlic powder
1 Tbsp. onion flakes
1 tsp. Worcestershire sauce
2 tsp. chili powder
1/4 c. catsup
1/4 tsp. dry mustard
2 Tbsp. vinegar
2 Tbsp. oil
1/2 tsp. m.s.g.
1/2 tsp. lemon pepper
pinch of cayenne pepper

Mix all ingredients together. Heat until well blended.

Trooper Jim Stuart

LAYERED SALAD

1 large head lettuce
1 box frozen peas
2 c. mayonnaise
1 Tbsp. sugar
2 small tomatoes
2 hard-boiled eggs
1 bunch green onions
1 c. Cheddar cheese, shredded
1/2 lb. bacon, cooked and cut into bite-size pieces

Tear lettuce into bite-size pieces in large bowl. Spread frozen peas over lettuce. Spread mayonnaise over all. Sprinkle with sugar and refrigerate for 24 hours. Chop tomatoes, eggs and onions. Layer in order. Sprinkle bacon over all. Add cheese on top.

Susanne Sorensen
Communications, D8
Helen Funderburk, Wife of
Lt. Tom Funderburk

MACARONI SALAD

1 qt. Best Foods mayonnaise
1 (7 oz.) jar green olives and juice, sliced
1/2 c. chopped green pepper
1 small pkg. salad macaroni, cooked
2 small green onions, chopped (optional)

Combine all ingredients and let set a couple of hours. Gets more flavor the longer it sits.

Sandy Morgan, Wife of
Sgt. Barry Morgan, D3

MACARONI AND CHEESE SALAD

1 pkg. macaroni and cheese
1 small tomato, chopped
1 can black olives, sliced
1/2 c. frozen peas
2 to 3 green onions, finely chopped
mayonnaise
salt and pepper

Prepare macaroni and cheese according to package directions. Add tomatoes, olives, peas and onions (amounts can be adjusted as desired). Moisten with mayonnaise. Add salt and pepper to taste. Chill.

Carol Alexander
Communications, D1

MANDARIN ORANGE MOLDED SALAD

1 (3 oz.) pkg. orange jello
1 c. boiling water
1 c. cold water
1 c. Mandarin oranges, drained
1 c. La Creme whip cream, thawed until soft
1 small can crushed pineapple, drained

Dissolve gelatin in boiling water. Add cold water. Chill until thickened but not set. Fold in remaining ingredients and pour into a lightly oiled 1 quart mold. Chill until firm and unmold. Serves 4 to 6.

Cherie Streutker, Wife of
Trooper Larry Streutker, D8

MANDARIN ORANGE SALAD

Salad:

2 cans Mandarin oranges
romaine lettuce
3/4 c. toasted slivered almonds

Dressing:

1/3 c. sugar
1 tsp. dry mustard
1 tsp. salt
1 c. salad oil
1 tsp. celery seed
1/3 c. cider vinegar
1/4 c. onion

Blend dressing ingredients in blender for a few seconds. Toss as much as needed with salad ingredients.

Becky McNairy, Wife of
Sgt. Roy McNairy

MEXICAN CHEESE SOUP

2 Tbsp. oil
1 Tbsp. flour
1 (1 lb.) can tomatoes, drained and chopped
1 onion, finely chopped
1 Tbsp. chili powder
4 c. hot beef broth
1/2 lb. grated sharp Cheddar cheese

Heat oil in heavy saucepan. Blend in flour. Add tomatoes, onions and chili powder; blend well. Slowly add hot broth, bringing to a boil. Reduce heat and simmer 30 minutes. Add cheese and stir until the cheese melts. Serve immediately. Makes 6 servings.

Faith Missildine
Chief's Office

MOLDED CRAB/SHRIMP SALAD

1 small pkg. lemon jello
2 c. tomato juice
1 Tbsp. cider vinegar
2 Tbsp. minced onion
1 c. fresh or canned crab or shrimp
1/2 c. celery, finely diced
1 small can petite peas
1 small jar green stuffed olives

Dissolve the jello in 1 cup hot tomato juice. Add 1 cup cold tomato juice along with vinegar. Refrigerate until quite thick. Add remaining ingredients and mold.

Comment: Light, refreshing and delicious. If using a round mold with a hole in the middle, unmold on lettuce lined plate and add a small bowl of mayonnaise or dressing in the middle.

Barbara Harvey, Retired
D7 Secretary

MOM'S GERMAN HOT POTATO SALAD

8 medium red potatoes
1 medium stalk celery, diced
1 medium onion, diced
5 slices bacon, diced
1 c. sugar
2 tsp. dry mustard (or 1 Tbsp. regular)
1 tsp. salt (optional)
1 tsp. pepper
1 Tbsp. cornstarch
1/2 c. vinegar
1/2 c. water

Boil whole potatoes in skins; do not overcook. Cool in refrigerator and slice into bite-size pieces. Cook diced bacon over medium heat until half done. Add celery and onion; cook until onions are clear and add salt and pepper. In small bowl, mix cornstarch, vinegar and water. Add to bacon mixture; simmer until thickened. Add sliced potatoes and simmer until potatoes are warmed. Serve hot. Makes 6 servings.

Bonnie Jackson
Communications, D1

ORANGE SHERBET SALAD

1 (15 1/4 oz.) can crushed pineapple
1 (10 1/2 oz.) can Mandarin oranges
1 (6 oz.) pkg. orange flavor jello
2 c. boiling water
2 Tbsp. lemon juice
1 pt. orange sherbet
1/2 c. sugar
1 envelope unflavored gelatin
1 beaten egg
1 c. whipping cream
Mandarin oranges

Drain fruits, reserving 1 cup combined syrup for topping. Dissolve orange gelatin in boiling water; add lemon juice. Add sherbet by spoonfuls, stirring until melted. Chill until partially set. Fold in drained fruits. Turn into a 12 x 7 x 2-inch dish. Chill until almost firm.

Meanwhile, in small saucepan, combine sugar and unflavored gelatin. Add reserved syrup and egg. Cook thoroughly, but do not allow to set. Whip cream; fold into cooked mixture. Spread over partially set gelatin. Top with additional Mandarin oranges, if desired. Chill until firm. Yield: 12 servings.

Wendy Chromey, Wife of
Sgt. James Chromey, Academy

ORIENTAL COLE SLAW

1 (3 oz.) pkg. chicken flavored Ramen noodles
1/2 head cabbage, shredded
1/3 c. sliced green onions
3 Tbsp. sesame seed
1 (6 3/4 oz.) can chicken, drained or fresh cooked chicken
3 Tbsp. almonds, sliced
green pepper rings to garnish

Dressing:

1 envelope chicken flavoring from noodles
2 Tbsp. sugar
3 Tbsp. rice or wine vinegar
1 tsp. salt
1/4 c. oil
dash of pepper

Toast sesame seed and almonds together. Break up noodles, cabbage and chicken; add all other ingredients.

Dressing: Shake well and pour over salad at least 1/2 hour before serving.

Larry Evans
Communications, D8

PASTA SALAD

5 chicken breast halves
1 lb. spiral pasta (must be semolina product, not egg noodles)
1 (15 oz.) can garbanzo beans, drained
2 (6 oz.) jars marinated artichoke hearts, drained
1 (10 oz.) pkg. frozen peas, thawed
1/3 lb. fresh mushrooms, sliced
2 oz. can green olives, sliced
1 green (or red) bell pepper, chopped
1 bunch green onions or small red onion, chopped

Dressing:

2 c. oil
2/3 c. red wine or rice vinegar
1/4 c. minced parsley
3 tsp. Dijon mustard
1 1/2 tsp. curry powder
2 tsp. salt
1/2 tsp. pepper
1 tsp. garlic powder

Wrap chicken breasts in foil and bake 45 minutes in a 450° oven. Cool and dice. Cook pasta in salted water; drain. Rinse and while still warm, gently mix with dressing. Add other ingredients and let flavors blend several hours or overnight in refrigerator. Serves 12 to 15.

Omit chicken for a side dish at a summer barbecue.

Dorothy L. Petersen
Traffic Investigation

PERFECTION

2 pkg. orange Jell-O
1 pt. orange sherbet
2 1/2 c. crushed pineapple, drained
2 c. bananas, diced small
2 small cans Mandarin oranges and juice
1/2 pt. whipping cream or 4 c. Cool Whip
2 c. hot water

Mix Jell-O and hot water; stir until Jell-O is dissolved. Stir in sherbet; let stand until dissolved. Stir in Mandarin oranges with juice; set aside. Mix oranges, pineapple and bananas; set aside. Beat whipping cream until stiff. Fold in Jell-O mixture. Add pineapple and bananas. Refrigerate. Serves 8. (Makes double portion.)

Meadhbh Barnard
Communications, D8

RASPBERRY JELLO SALAD

1 1/2 c. crushed pretzels
1/2 c. sugar
1/2 c. softened butter
8 oz. softened cream cheese
1/2 c. powdered sugar
1 large Cool Whip
6 oz. raspberry jello
2 c. hot water
2 pkg. or 2 c. fresh or frozen raspberries

Combine pretzels, sugar and butter. Press into 9 x 13-inch pan and bake at 375° for approximately 7 minutes, until slightly brown. Cool.

When cool, combine cream cheese and powdered sugar; beat. Fold in Cool Whip and spread over pretzel mixture. Dissolve jello in water in a bowl and add raspberries. Chill until it is partially thickened and then pour on cream cheese and spread evenly. Chill overnight and serve.

Brad Miller
Trooper, D4

REUNION FRUIT SALAD

1 pkg. acini de pepe macaroni (1 lb. box)
1 tsp. oil
2 tsp. salt
1 c. sugar
2 Tbsp. flour
1/2 tsp. salt
1 3/4 c. pineapple juice
2 eggs, beaten
1 Tbsp. lemon juice
3 cans (11 oz.) Mandarin oranges, drained
2 cans (20 oz.) pineapple chunks
1 (20 oz.) can crushed pineapple
2 c. miniature marshmallows
1 c. shredded coconut
1 (16 oz.) frozen whipped topping

Following package directions, prepare acini de pepe, adding the oil and salt to the water. When tender, rinse in cold water and let drain. In a small saucepan, combine the sugar, flour, salt, juice and beaten eggs. Cook this mixture over medium heat, stirring until the mixture thickens and is smooth. Then add the lemon juice and let cool. Place cooked

and drained macaroni in a large bowl. Pour the cooled sauce over macaroni and then blend in the fruit, marshmallows, coconut and topping. Mix and refrigerate overnight. Serves 12.

Judi Bowers, Wife of
Trooper Bill Bowers, D8

SAWDUST SALAD

1 pkg. lemon jello
1 pkg. orange jello
2 c. boiling water
2 c. cold water
1 c. pineapple juice
2 eggs
1/4 c. milk
1 Tbsp. sugar
grated cheese
1 large can crushed pineapple
3 bananas, sliced
2 Tbsp. flour
1/2 c. sugar
1 (8 oz.) pkg. cream cheese
1 Cool Whip

Dissolve jello in boiling water. Add cold water. Add bananas and pineapple. Put in refrigerator and let harden. Next, mix pineapple juice, eggs, flour and sugar. Bring to a boil and let cool. Pour over jello mixture. Replace in refrigerator. Blend together milk, cream cheese, sugar and Cool Whip. Pour over top of other layers. Grate cheese over all. Enjoy!

Jenine Broshears, Wife of
Retired Sgt. Bob Broshears

SEAFOOD SURPRISE SALAD

1 large loaf white bread (frozen)
4 hard-boiled eggs
1 bunch green onions
1 c. chopped celery
2 cans shrimp, drained
1 can crab, drained
3 c. mayonnaise
1 tsp. Accent

Trim crusts from bread and butter on both sides of each slice; cube and place in bowl. Add chopped onions and chopped eggs. Cover and refrigerate overnight. Mix remaining ingredients with the bread and let stand a couple of hours covered. Serve on crisp lettuce. Serves 12.

Hint: The frozen bread is easier to handle to cut. The bread will thaw when refrigerated overnight.

Sharon Parker, Wife of
Trooper Kerry Parker
Faith Missildine, Chief's Office

SEAFOOD SALAD

1 lb. vermicelli noodles
1/2 c. green pepper, chopped
2 c. celery, chopped
10 to 12 green onions, chopped
5 eggs, boiled and chopped
1 1/2 lb. cooked shrimp
toasted slivered almonds

Break vermicelli into 1 1/2-inch pieces and cook. While warm, add all ingredients except shrimp and almonds.

Dressing:

2 pkg. Good Seasons Italian dressing
2 c. buttermilk
2 c. mayonnaise

Mix together and pour on top. Chill 24 hours. Right before serving, add shrimp and almonds.

Sharon Clark, Wife of
Sgt. Clark, D8, Shelton

SPAGHETTI SALAD

1 (32 oz.) spaghetti, cooked until almost done and rinsed
3 cucumbers, sliced
3 salad tomatoes, quartered
2 green peppers, diced
1 purple onion, sliced
16 oz. Italian Wish-Bone
1/4 c. red wine vinegar

Mix all together and let it marinate for 24 hours or more in the Italian dressing and the red wine vinegar.

Darla J. Schierberg
Identification Section

SPINACH SALAD

1 lb. spinach
1 lb. bacon
3/4 c. bean sprouts
raw mushrooms, sliced
1 egg, boiled and finely chopped

Dressing:

1 c. salad oil (use 1/4 c. bacon drippings for flavor)
2 cloves garlic
1/2 c. sugar
1 Tbsp. soy sauce
1/2 c. catsup
1/4 c. vinegar
1/2 tsp. salt
1/4 tsp. pepper

To make dressing, place all ingredients in your blender. Blend until mixed well.

Wash spinach and break into bite-size pieces. Fry bacon

and crumble into spinach when ready to serve. Toss mushrooms and sprouts into spinach. Put dressing on to moisten leaves right before serving. Top with sprinkled egg.

Diane Ray
Clerk-Typist, D3

STRAWBERRY–PINEAPPLE JELLO

1 large pkg. strawberry jello
1 can crushed pineapple, drained
1 (10 oz.) pkg. frozen strawberries
2 bananas, mashed in 1 Tbsp. lemon juice
1/2 pt. sour cream

Dissolve jello in 2 cups boiling water. Add frozen strawberries and stir until thawed. Add pineapple (drained) and mashed bananas. Chill until partially thickened. Pour half into mold. Return portion in mold to refrigerator and leave other half at room temperature. When refrigerated portion is firm, spread sour cream on top. Pour remaining jello on top of sour cream and refrigerate.

Sharon Phillips, Manager
Memorial Foundation and wife of
Sgt. Rick Phillips

STRAWBERRY NUT SALAD

1 c. boiling water
1 (6 oz.) pkg. strawberry gelatin
1 (16 oz.) pkg. frozen strawberries in their juice
1 (20 oz.) can crushed pineapple, drained
1 c. coarsely chopped walnuts
3 bananas, mashed (not too ripe)
1 pt. sour cream

Dissolve gelatin in boiling water; allow to cool slightly. Stir in all of remaining ingredients except sour cream. Pour half of mixture into 12 x 8 x 2-inch pan. Refrigerate until firm. Spread sour cream over top, then spoon remaining gelatin over top. Return to refrigerator until set.

Barb Beier
Communications, D8

TOP RAMEN SALAD

1/2 head cabbage, sliced thin
4 chopped green onions
1/2 c. slivered almonds, toasted
2 Tbsp. sesame seed, toasted
1 pkg. Top Ramen noodles (only), broken

Dressing:

1/2 c. oil
3 Tbsp. rice vinegar
salt and pepper to taste

Slice cabbage with Cuisinart and combine with chopped onions. Toast almonds and sesame seed and cool. Prepare dressing and toss with all ingredients just before serving.

Everyone asks for the recipe!

Lynette Bruett, Wife of
Capt. Roger Bruett, Academy

TOSSED RICE SALAD

1 lb. bean sprouts
1 c. sliced radishes
1 c. diced cucumber
1 c. sliced celery
1/2 c. chopped green onion
1/4 c. chopped green pepper
1 c. sliced water chestnuts
1 c. chopped fresh spinach
1 c. cold cooked rice
1 lb. shrimp
1 c. mayonnaise
soy sauce
garlic powder

Layer well chilled vegetables and rice into bowl in order given. Blend mayonnaise, a little soy sauce and a little garlic powder. Toss with salad. Add shrimp and toss gently. Serves 6 to 8.

Laurie Armstrong, Wife of
Detective Byron Armstrong

TURKEY SALAD

5 lb. cooked turkey
30 grapes (seedless)
2 c. drained pineapple chunks
1/4 c. chopped almonds
1/4 c. chopped celery
toasted almonds for garnish

Dressing:

2 c. mayonnaise
2 tsp. curry powder
2 Tbsp. soy sauce

Mix mayonnaise, curry and soy sauce; set aside. Cube turkey in large bowl. Add grapes, pineapple, almonds and chopped celery. Add dressing mix; stir. Spoon into serving bowl. Top with toasted almonds.

Academy Kitchen

WASHINGTON STATE BEAN SALAD

1 can green beans
1 can kidney beans
1 green pepper, chopped
1 small onion, chopped
1/2 to 3/4 c. sugar
1 tsp. salt
1/2 tsp. pepper
1/2 c. vinegar
1/2 c. vegetable oil

Drain beans thoroughly. Add green pepper and onion and mix well. Add remaining ingredients and toss to blend. Chill several hours.

Carol Alexander
Communications, D1

YUMMY SHRIMP SALAD

1/2 box Marco Polo Chinese noodles, broken in 1 1/2-inch pieces (prepared as directed on pkg.)
1/4 c. chopped celery
1/4 c. chopped green onions
1 small can sliced water chestnuts, quartered
shrimp (as much as you like)

Combine all ingredients. Mix in 1 cup mayonnaise with 1 package Uncle Dan's original southern dressing.

Best if made day before using.

Vivian Morisset, Retired

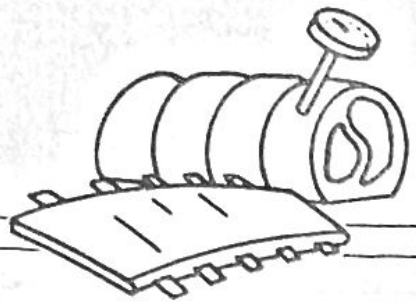
ZESTY SALMON SAUCE

1/2 c. margarine
1 clove garlic, crushed
1 Tbsp. Worcestershire sauce
1 Tbsp. soy sauce
2 Tbsp. catsup
1 Tbsp. mustard

Mix ingredients and heat gently.

Wendy Hansen
Records Section

MEATS
MAIN DISHES



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30-40	325	175 F
Leg	5 lbs.	25-30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 - 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 - 7 lbs.	25	325	135 F
- medium	3 - 7 lbs.	30	325	165 F
- well done	3 - 7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 - 10 lbs.	40	325	190 F
- boned and rolled	3 - 6 lbs.	40	325	182 F
Leg - medium	5 - 10 lbs.	40	325	175 F
- well done	3 - 6 lbs.	40 - 50	325	182 F
Crown - well done	3 - 6 lbs.	40 - 50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lbs.	30 - 40	325	170 F
	8 lbs.	30 - 40	325	175 F
Boneless butt	2 lbs.	40	325	180 F
	4 lbs.	25	325 F	170 F
Ham	12 - 20 lbs.	16 - 18	325 F	170 F
	Under 10 lbs.	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 - 6 lbs.	35	325 F	175 F
Leg	5 - 10 lbs.	35	325	175 F
Boneless shoulder	4 - 10 lbs.	45	325 F	175 F
POULTRY				
Chicken	3 - 5 lbs.	40	325 F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 - 10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 - 10 lbs.	30	325	175 F

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MEATS & MAIN DISHES

ALMOND CHICKEN

2 chicken breasts, sliced in thin strips
2 Tbsp. oil
1 small onion, sliced thin
1 c. celery, sliced thin on diagonal
1 (16 oz.) can chow mein vegetables, drained
1 (16 oz.) can bamboo shoots, drained
1/2 lb. mushrooms, sliced
2 c. chicken broth
2 Tbsp. soy sauce
1 tsp. sugar
2 Tbsp. cornstarch
1/4 c. cold water
1/4 c. slivered almonds

In hot wok, saute chicken in oil for 2 to 3 minutes. Add onion and celery and cook 5 minutes. Add chow mein vegetables, bamboo shoots, mushrooms, chicken broth and soy sauce and cook 5 minutes more. Combine sugar and cornstarch in cold water. Add to chicken and vegetable mixture, stirring quickly. Cook until thick. Transfer to serving dish and sprinkle almonds on top. Serve over fluffy, hot rice.

Julie McCunn, Wife of
Sgt. Bill McCunn, D7

ANN LANDERS' MEAT LOAF

2 lb. ground round
1 1/2 c. bread crumbs
3/4 c. ketchup
1 tsp. monosodium glutamate
1/2 c. warm water
2 eggs
1 pkg. dry onion soup mix

Mix thoroughly; put into loaf pan. Cover with 3 strips bacon, if you like that flavor. Pour over all one 8 ounce can tomato sauce. Bake 1 hour at 350°. Serves 6.

Alene Morash, Wife of
Retired Trooper Glen Morash

BBQ RIBS

5 to 7 lb. spareribs
1 c. catsup
1/2 c. soy sauce
1/2 c. brown sugar
1/2 c. water
2 cloves garlic
1/2 tsp. salt

Cut ribs into sections of 2 and put into covered roasting pan. Roast at 350° for 1 1/2 hours. During last 1/2 hour,

mix sauce and bring to boil. Drain ribs and pour sauce evenly over all. Roast 1 1/2 hours longer.

Judi Bowers, Wife of
Trooper Bill Bowers, D8

BACON WRAPPED ROAST

2 to 3 lb. tip sirloin roast
2 to 3 tsp. Dijon style mustard
1/2 tsp. dried thyme leaves
salt and pepper (if desired)
4 to 6 slices bacon

Spread mustard evenly over top and sides of roast. Sprinkle with thyme leaves. Sprinkle with salt and pepper, if desired. Place roast in baking pan. Cover tightly with bacon slices, wrapping them around meat. Bake at 325° for about 1 3/4 hours or until meat thermometer registers medium rare. Serve with gravy made with pan drippings.

Yvonne Haas, Wife of
Trooper Mark Haas

BAKED CRAB

6 Tbsp. butter plus 1/4 c. sherry (if desired)
1 to 1 1/2 c. flaked crab meat or lobster
2 Tbsp. flour
3/4 c. light cream
2 eggs
salt and pepper
dab of mustard (1/4 tsp. dry)
1/4 c. cracker crumbs

Melt 2 tablespoons butter. Add crab meat and set aside.

Melt 2 tablespoons butter; stir in flour. Stir together about a minute. Remove from heat. Stir in cream and juice from warmed crab meat. Beat eggs and add to hot mixture. Add cracker crumbs, salt and pepper to taste and mustard. Fill 4 to 6 shells or custard cups. Sprinkle with buttered cracker crumbs or crushed potato chips. Bake in 325° oven for 10 minutes or until tops are lightly browned.

Trooper Steve Johnson, D8,
Bremerton

BAKED LEMON CHICKEN

2 boneless chicken breasts
1/3 c. cooking oil
1/2 c. lemon juice
1 tsp. thyme
1 tsp. paprika
1/2 tsp. pepper
1 clove minced garlic
2 to 3 tsp. grated lemon rind (depends on taste)
3/4 c. flour
more paprika

Mix together oil, juice, thyme, paprika, pepper, garlic and rind; set aside. Mix flour and enough paprika to turn flour pink. Coat chicken with flour and lay in a pan small enough so chicken completely fills it; chicken can be touching. Pour oil mixture over chicken. Pan should be small enough so oil mixture covers chicken. Bake 45 minutes at 350°. Don't need to flip; leave uncovered.

Hint: To avoid a crusty pan, line with tinfoil.

Paige Whalen, Daughter
of Sgt. Larry Whalen, D7

BAKED ROSEMARY CHICKEN

8 to 10 chicken parts
salt, pepper, garlic salt and paprika
1/4 c. white vinegar (Japanese rice vinegar is good)
1/2 c. catsup
1/2 c. water
1 Tbsp. prepared mustard
2 Tbsp. brown sugar
1 tsp. soy sauce
1 tsp. or more rosemary

Arrange chicken parts one layer deep in baking dish. Sprinkle with salt, pepper, garlic salt and paprika. Combine rest of ingredients. Pour over chicken. Bake at 325° approximately 1 1/2 to 2 hours or until fork-tender. The sauce is delicious over rice.

Sauce can be made the night before. Before pouring over chicken, taste to see if additional rosemary is desired. Can be put together in the morning and just popped into the oven that evening.

Barbara Harvey, Retired
D7 Secretary

BARBECUED BEANS

2 lb. hamburger
1 onion
1/2 green pepper
1 1/2 c. celery
1 can tomato soup
1/4 c. vinegar (apple cider)
1/2 c. brown sugar
salt and pepper to taste
2 (31 oz.) cans pork and beans

Brown hamburger and onion; drain off fat. Add green pepper, celery, tomato soup (undiluted), vinegar, brown sugar, salt and pepper. Drain excess juice from pork and beans and

add to mixture. Bake or simmer on top of stove for 45 minutes (350° in oven). Good hot or cold.

Margaret Huebner, Wife of
retired CO Bill Huebner

BARBECUED BEEF

1 1/2 lb. lean boneless beef
1 Tbsp. crushed toasted sesame seed
6 Tbsp. soy sauce
2 Tbsp. sugar
2 Tbsp. sesame oil
1 green onion, thinly sliced
2 cloves garlic, minced
1 tsp. grated ginger
dash of pepper

Cut meat across the grain into thin slices. In a bowl, stir together sesame seed, soy sauce, oil, onion, garlic, ginger and pepper. Combine meat with sauce mixture. Cover and refrigerate for 3 to 4 hours. Cook, turning once just until browned on both sides. Makes 4 to 6 servings.

Kay Nugent
Records Section

BARBECUED ROAST

round bone pot roast
1 tsp. liquid smoke
garlic salt
2 Tbsp. vinegar
1 tsp. Worcestershire sauce
1/2 c. soy sauce
1/2 c. honey
5 drops Tabasco sauce

Mix all ingredients of marinade. Place roast in plastic bag and top with 1/2 to 1 cup sliced onion. Cover with marinade and secure bag. Refrigerate for 2 to 3 days. Remove from refrigerator and let stand at room temperature for one day.

To Cook: Remove from plastic bag and wrap in foil. Cook over barbecue for 20 minutes on each side. Remove foil and cook an additional 5 minutes per side to brown.

Susan Spencer
Ephrata Detachment

BARBEQUE SALMON

large king salmon (20 lb. or larger)

Filet salmon, then cut to desired size (usually 2 to 3-inches wide). Cover barbecue grill with foil. Place salmon on foil with skin side on foil (never turn fish). Cover fish with black pepper and garlic salt (it's almost impossible to

put on too much). When fish starts to turn white, it's about half cooked. Monitor it constantly. There's a fine line between being done or overdone. If overdone, give it to the cat.

Sergeant Don Mills
Port Angeles, D8

BARBECUED SPARERIBS

1 tsp. each chili powder, celery seed or celery salt and salt
2 to 3 ribs
1 c. brown sugar

Mix together and rub on both sides of ribs. Place in broiler and broil 8 minutes on each side. Place in roaster pan and pour following mixture over ribs and cover.

1 can tomato soup
1/4 c. water
1/4 c. vinegar

Bake at 350° for 2 hours, basting every 30 minutes.

Linda Burkwist
Clerk-Typist 2, District 4

BEEF BRISKET

1 envelope onion soup mix
2 c. water
3 to 4 lb. brisket of beef
pepper
3/4 c. catsup
1/2 c. beer
1/4 c. flour

Mix onion soup mix with water in roasting pan. Season meat with pepper if desired. Place meat in pan, cover tightly. Cook at 325° for 2 to 2 1/2 hours or until meat is just about tender. Remove meat.

Place gravy in bowl; put in freezer. When fat hardens, remove from gravy. Combine gravy with catsup, beer and flour. Slice meat; place in roasting pan. Cover with gravy mixture. Bake at 325° for 40 minutes, until meat is tender. Taste for seasoning. Yield: 6 to 8 servings.

Jean Tisdale
Records Section

BEEF MOZZARELLA

2 1/2 to 3 lb. round steak, cubed or tenderized
1/2 c. flour
salt and pepper to taste
1 (8 oz.) can tomato sauce
1 c. water
1 1/2 tsp. Worcestershire sauce
1 c. grated Mozzarella cheese
chopped onion (optional)
green pepper (optional)

Cut meat in serving size pieces. Pound into it the flour, salt and pepper. Fry quickly. Add onion and pepper. Add tomato sauce, water and Worcestershire sauce. Bring to boil. Turn down and simmer about 1 hour. Add cheese and heat until partially melted. Serves 6.

Frances Ham
WACIC Control

BREAKFAST CASSEROLE

12 slices thin sliced bread, buttered and trimmed (Pepperidge Farm)
1/2 lb. shredded sharp Cheddar cheese
1 lb. fresh sausage (fry first)
4 eggs, well beaten
3 c. milk

Put 6 slices of bread, buttered side up, on bottom. Spread 1/2 cheese and sausage over bread. Mix eggs with milk and pour over cheese and sausage. Put on remaining bread, then sausage and cheese. Press bread so it will absorb liquid. Put in refrigerator (uncovered) overnight. Bake at 325° for 1 hour. Serves 8.

Jan Larson
Secretary, D8

BRUNCH SOUFFLE

8 slices bread, cubed and crust removed
1 1/2 lb. sausage (fry and drain)
3 c. milk
4 eggs
2 Tbsp. flour
3/4 lb. grated Cheddar cheese
1 can cream of mushroom soup
1 c. sliced fresh mushrooms

Spread bread cubes over bottom of 9 x 13-inch casserole dish. Top with fried sausage. Sprinkle cheese over top. Mix 2 1/2 cups milk, eggs and flour and pour over cheese. Refrigerate overnight. Next morning, preheat oven to 300°. Blend

1/2 cup milk, soup and mushrooms; pour over casserole. Bake 1 1/2 hours at 300°.

Mary Bruhn
Accident Records

CALIFORNIA CASSEROLE

1 lb. hamburger
1 tsp. or 1 clove garlic
1 tsp. salt
1/2 tsp. pepper
1 tsp. sugar
3 cans (8 oz.) tomato sauce
1 (6 oz.) can tomato paste
4 oz. cream cheese, softened
1 c. sour cream
3/4 c. chopped green onions
1/2 c. sliced olives
1 (8 oz.) pkg. rigatoni noodles
1 Tbsp. butter
1 c. shredded Cheddar cheese

Cook in saucepan the beef, garlic, salt, pepper and sugar. Bring to boil the tomato sauce and tomato paste. Add the beef mixture to the sauce and simmer for 15 minutes. In bowl, combine cream cheese, sour cream, onions and olives.

Cook noodles; drain and add butter. Spoon about 1 cup of meat mixture in bottom of 9 x 13-inch pan. Spread noodles evenly on top. Cover noodles with remaining meat sauce. Top with cream cheese mixture and then Cheddar cheese. Bake at 350° for 20 minutes.

Marsha Ginter, Wife of
Trooper Don Ginter, Academy

CANTONESE CHICKEN

3 lb. chicken
1 Tbsp. chopped fresh ginger
2 Tbsp. sherry
1 c. chopped onion
8 oz. Crisco
1/2 c. soya sauce
1 Tbsp. sugar
1/2 c. bamboo shoots
2 c. bean sprouts
1 c. pineapple chunks
1/2 tsp. salt

Make a mixture of the finely chopped fresh ginger, sherry and chopped onions. Cut the chicken into pieces. Rub thoroughly in the mixture and let stand for half an hour. Put 4 ounces Crisco in a pan and fry the chicken until lightly browned. Drain off the Crisco and pour in the soya sauce, sugar and 2 cups water. Stir and bring to the boil and simmer until tender. Just before the chicken is ready, put 4 ounces Crisco in another pan and lightly saute the bamboo shoots, bean

sprouts, pineapple chunks, a few cherries (if you want) and salt.

Serve the chicken and bean sprout mixture separately with a bowl of boiled or fried rice.

Cora Groenhuizen, Wife of
Dirk Groenhuizen, Academy
Gardener

CHICKEN ADOBO

(Filipino Dish)

1 whole chicken or chicken parts
1 clove garlic
1/3 c. soya sauce
1/4 c. of vinegar
3 to 4 bay leaves
pepper to taste

Mix everything in a pan or kettle and let boil for a minute and turn down heat to medium and cook 30 to 45 minutes (depends on how tender the chicken is). Serve over rice.

Puri Heacock
Secretary, D8

CHICKEN AND BROCCOLI AU GRATIN

1/4 c. butter or margarine
1/4 c. chopped onion
1/4 c. flour
1 tsp. salt
1/2 tsp. curry powder
dash of pepper
1 (4 oz.) can sliced mushrooms
1 (12 oz.) can Pet evaporated milk
1 (10 oz.) pkg. frozen broccoli, cooked and drained
1 chicken, cooked and cut up
1 c. (4 oz.) shredded Monterey Jack cheese

Melt butter. Saute onions until transparent; remove from heat. Stir in flour, salt, curry powder and pepper; set aside. Drain mushrooms, reserving liquid. If needed, add enough water to make 1/2 cup liquid. Gradually stir into flour mixture. Blend in evaporated milk until smooth. Add mushrooms; return to heat. Cook and stir over medium heat until sauce begins to thicken. Arrange broccoli spears and chicken on bottom of a 9 x 13-inch baking pan. Pour sauce over; top with cheese. Bake at 375° for 20 minutes or until bubbly around edges. Cool 15 minutes before serving. Makes 6 servings.

Karen Przygocki, Wife of
Trooper Ken Przygocki, D8

CHICKEN BROCCOLI PIE (QUICHE)

1 (10 oz.) pkg. frozen chopped broccoli
3 c. shredded Cheddar cheese (12 oz.)
1 1/2 c. cooked chunk chicken
2/3 c. chopped onion
1 1/3 c. milk
3 eggs
3/4 c. Bisquick
3/4 tsp. salt (if desired)
1/4 tsp. pepper

Heat oven to 400°. Grease pie plate (10 x 1 1/2-inches). Thaw broccoli; drain. Mix broccoli, 2 cups cheese, chicken and onions in plate. Beat milk, eggs, Bisquick, salt and pepper until smooth (15 seconds) in blender on high, 1 minute with hand beater. Pour into pie plate; bake until knife comes out clean, 25 to 30 minutes. Then top with remaining cheese (approximately 1 cup) and bake until melted, 1 to 2 minutes. Cool 5 minutes. Serves 6.

Leona Cramer
Traffic Investigation

CHICKEN CASSEROLES

1/2 c. fresh or frozen onion
6 Tbsp. butter or margarine
1/2 c. all-purpose flour
3 c. chicken broth
3 c. cubed chicken
1 (10 oz.) pkg. frozen peas and carrots, cooked and drained
1/4 c. chopped canned pimento

Advanced Preparation: Cook onion in butter until tender. Blend in flour and 1 teaspoon salt. Stir in chicken broth. Cook and stir until thickened and bubbly. Stir in chicken, peas, carrots and pimento. Line 6 to 8 individual casseroles with heavy tinfoil, leaving enough overlapping to seal. Spoon in chicken mixture. Seal foil; freeze. When solid, remove foil packets from casseroles. Label; freeze up to 2 months.

Before Serving: Remove foil. Set food blocks in casserole. Bake, covered, at 400° about 1 hour, stirring once or twice toward end of baking time. Serves 6 to 8.

Casseroles can also be served over rice.

Joanne Broome, Wife of
Lt. John Broome

CHICKEN DIVAN

3 c. cooked rice
4 boneless chicken breasts, cubed and cooked
broccoli spears, cooked and drained
1 can cream of chicken soup
1 c. mayonnaise
dash of lemon juice

In casserole dish, layer broccoli spears on bottom. Spoon rice over broccoli, then add chicken on top of rice. Stir together cream of chicken soup, mayonnaise and lemon juice. Spoon over top of chicken. Bake at 400° for 15 to 20 minutes.

Deborah Kuttel
Identification Section

CHICKEN DIVAN

1 large pkg. cooked frozen broccoli
4 cooked chicken breasts
2 cans cream soup
1 tsp. lemon juice
1/2 c. grated cheese
1/4 tsp. curry
1 c. mayonnaise
2 Tbsp. sherry
1/2 c. buttered bread crumbs

Put broccoli and chopped chicken in casserole dish. Mix soup, lemon juice, curry, mayonnaise and sherry. Sprinkle with grated cheese and bread crumbs. Bake 30 minutes at 350°.

Kathy Z. Ziesemer
Communications D7

CHICKEN MILANO

1 chicken breast
1/2 clove garlic
1 can tomato soup
1/2 c. sliced mushrooms
1/3 c. sliced onion
salt and pepper
1 tsp. basil
1 small sliced zucchini

Saute chicken, onion and garlic. Add remaining ingredients and simmer 20 minutes. Serve over rice.

Debbie Lee
Receptionist, Academy

CHICKEN ROCOCO

4 whole chicken breasts
1/2 lb. sharp Cheddar cheese
2 eggs, beaten
3/4 c. dry bread crumbs
6 Tbsp. margarine
1/4 c. minced onion
2 Tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1 chicken bouillon cube
1 (5 oz.) pkg. white/wild rice mix
1 (3 oz.) can drained mushrooms

Remove bone and skin from chicken. Cut in 1/2 and flatten each 1/4-inch thick. Cut cheese in 8 cubes; place one on each piece of chicken. Roll up chicken, tucking in ends to make bundles. Fasten with toothpicks. Dip into beaten eggs and then into bread crumbs. Let stand 20 minutes to dry coating. Brown lightly in melted margarine. Remove from skillet and set aside. Add onion to skillet; cook until tender. Stir in flour, salt, pepper and bouillon. Gradually stir in water, cooking until thickened. Cook rice as on package. Combine with onion mixture and turn into shallow 2 quart casserole. Top with chicken rolls and mushrooms. Bake 40 minutes at 350°.

Sharon Phillips, Manager
Memorial Foundation and Wife of
Sgt. Rick Phillips

CHICKEN SUPREME

4 boned breasts
1/2 tsp. lemon juice
1/4 tsp. salt
pepper to taste
4 Tbsp. butter

Sauce:

1/4 c. beef bouillon
1/4 c. dry white wine
1 c. whipping cream

Brown chicken breasts in butter. Sprinkle with lemon drops and salt and pepper. Remove from pan to casserole dish. Pour bouillon and wine into pan with butter and boil down quickly over high heat until liquid is syrupy. Stir in the cream and boil down again over high heat until cream has thickened slightly. Pour over chicken; sprinkle with 2 tablespoons parsley. Cook in 400° oven for 20 to 30 minutes. Serve with rice. Makes 4 servings.

Elaine Rathbun
Vehicle Inspections, D2

CHINESE HAMBURGER

1 lb. hamburger
2 c. chopped onions
1 c. finely chopped celery
3 Tbsp. oil
1 can cream of mushroom soup
1 can cream of chicken soup
1/2 c. uncooked Minute rice
1/2 c. hot water
1/4 c. soy sauce
1 large can Chinese noodles

Brown hamburger, onions and celery in oil in skillet. Add mushroom soup, chicken soup, rice, hot water and soy sauce. Put in casserole and bake 1 hour at 350°. The last 15 minutes put Chinese noodles on top.

Mary Lou Cooper
Records Section

CHINESE HAMBURGER CASSEROLE

1 1/2 lb. hamburger
1 Tbsp. salad oil
2 medium onions, chopped
1 c. celery, chopped
1 can cream of mushroom soup
1 can cream of chicken soup
1 can bean sprouts, drained
1 1/2 c. warm water
1/2 c. uncooked rice
1/4 c. soy sauce
1/4 tsp. pepper
1 can Chinese noodles

Brown meat in oil until crumbly. Add onions, celery, soups, bean sprouts and water. Stir in rice, soy sauce and pepper. Turn into greased dish; cover with foil or lid. Bake at 350° for 30 minutes. Uncover and bake 30 minutes. Top with noodles. Bake an additional 15 minutes.
Add almonds on top, if desired.

Peggy Cothren
Records Section

CHOPPED TURKEY CASSEROLE

1 loaf white bread, cubed
2 1/2 to 3 lb. turkey, chopped
4 eggs
1 c. salad dressing (mayonnaise)
2 cans cream soup
1 c. milk
1 1/2 c. total chopped celery and onion

Layer dry ingredients in 9 x 12-inch pan. Beat eggs; add salad dressing and milk. Pour over dry ingredients. Refrigerate overnight. Bake at 325° for 1 hour. Sprinkle with cheese. Put into oven to melt. Cut in squares and serve.

Ralaine Eklund
Secretary, D3

CHOW MEIN

8 pieces dried mushrooms, soaked, then sliced
1/2 c. cooking oil
4 cloves garlic, crushed
2 onions, sliced
1 c. lean pork, thinly sliced
8 pieces ham, sliced
1 chicken, boiled
20 pieces shrimp
1/2 c. celery, diced
1/2 c. leeks in 1/2-inch pieces
2 Tbsp. cornstarch
2 1/2 c. chicken stock
1/4 c. soy sauce
2 Tbsp. Accent
1/2 tsp. salt
1/4 tsp. pepper
1 pkg. noodles

Fry mushrooms in hot oil. Push to one side of pan. Saute garlic and onions. Add pork and chicken. Simmer covered for 5 minutes. Add ham and shrimp; simmer 2 minutes. Add vegetables; salt and cook 5 minutes more. Disperse cornstarch in chicken stock; season with soy sauce, Accent, salt and pepper. Add to meat and vegetable mixture. Cook until thick; set aside. Fry noodles in hot cooking oil until crisp. Arrange on a platter. Spoon topping. Serve.

Zenie C. Esmele
Clerk-Typist, D2, Seattle

CRAB-SPAGHETTI CASSEROLE

8 oz. pkg. spaghetti, drained and rinsed
1 can mushroom soup
3 Tbsp. butter
1 c. milk (stir in)
2 c. grated Cheddar cheese
1/4 c. onion
2 hard-boiled eggs
1 Tbsp. pimento
1/2 tsp. salt
pepper
1 1/2 c. flaked crab (7 oz.)

Combine in 2 quart casserole. Bake 45 minutes at 350°. Serves 8.

Pam Stewart, Wife of
Trooper Dick Stewart, D7

CREOLE NEW YEARS CASSEROLE

3 Tbsp. oil
2 cloves garlic, minced
1 medium green pepper, diced
1 large onion, chopped
1 lb. Italian sausage, sliced
1 c. cubed, cooked ham
2 c. uncooked rice
1 (1 lb. 12 oz.) can tomatoes
3 c. chicken broth or bouillon
1/4 c. brandy
1 tsp. salt
1/8 tsp. cracked pepper
dash of Tabasco sauce
1/2 tsp. basil
1/8 tsp. thyme
1 lb. cooked shrimp, shelled and deveined

Heat oil in a large casserole, electric skillet, etc.

Add green pepper, onion and garlic and cook until wilted. Add sausage and ham and brown lightly. Add rice and cook, stirring often, until pale gold. Add tomatoes, broth, brandy and seasonings. Bring to boil; cover and reduce heat. Simmer 20 minutes. Add shrimp; stir, cover and cook 15 minutes longer or until rice is tender and all liquid is almost absorbed.

Wendy Chromey, Wife of
Sgt. James Chromey, Academy

CROCK-POT CHILI

2 lb. ground beef, browned
2 large onions, chopped coarsely
1 small green pepper, chopped
1 (15 oz.) can chili beans
1 (16 oz.) can tomatoes
1 (15 oz.) can tomato sauce
1 (12 oz.) can tomato paste
2 1/2 tsp. chili powder (or to taste)
1 tsp. sugar
salt and pepper

Mix all ingredients in a crock-pot and cook for several hours.

Carol Alexander
Communications, D7

DRUNK CHICKEN

2 to 2 1/2 lb. chicken parts
1 Tbsp. instant minced onion
1 Tbsp. water
3 Tbsp. butter
2 tsp. powdered mushrooms
2 tsp. chicken seasoning stock base
1/2 tsp. Beau Monde
1/2 c. dry white wine
1/2 tsp. fines herbes
1 bay leaf, cracked
1 tsp. chervil

Arrange chicken in flat pan. Rehydrate instant onions in the water. Melt butter and add onions. Cook gently about 5 minutes. Combine powdered mushrooms, chicken seasoning stock base, Beau Monde and white wine. Add to onions. Crush fines herbes and add along with bay leaf and chervil. Heat just to simmering. Pour over chicken and marinate at least 1 hour. Bake, uncovered, at 350° for 30 to 40 minutes or until brown. Baste frequently.

Comment: This is delicious. Get ready early in the day and just bake when ready.

Minced fresh mushrooms (about 5) can be added to the butter and onions if powdered are difficult to find.

Barbara Harvey, Retired
D7 Secretary

EASY BAKED CHICKEN

1 whole chicken (fryer)
2 cubes butter or margarine
1 tsp. garlic powder
1 1/2 bags potato chips, crushed
seasoning salt
pepper
paprika

Wash and cut chicken into parts. Melt margarine and garlic in small saucepan. Dip chicken in melted margarine and roll in crushed potato chips, coating all pieces. Place on baking sheet. Sprinkle with seasoning salt, pepper and paprika. Bake in a 350° oven for 45 minutes.

Kathy Height, Wife of
Trooper Mike Height, D8

FAJITAS

flour tortillas
steak
onion, sliced
salsa (Pace, etc.)
sour cream
grated Jack or Cheddar cheese

Warm tortillas. Trim fat from steak and slice on diagonal (very thin strips). Quick fry steaks and add onion slices (1 medium onion per 4 servings). Stir-fry until steak strips are at desired doneness. Add salsa a tablespoon at a time until mixture begins to hold together. Divide mixture onto tortillas and fold tortillas. Pass salsa, sour cream and cheese to serve over fajitas or add to mixture before serving.

Marsha Brown, Wife of
Trooper Ev Brown, Academy

FRIED OCTOPUS

1 octopus

Clean, skin and wash a young octopus. Season a large kettle of boiling water with salt, a few peppercorns, 3 slices lemon, 6 or so sprays of parsley and 3 sprigs of thyme. Drop octopus slowly into boiling water so the tentacles will spread and boil rapidly for 5 to 10 minutes, depending on its size. Remove from water to drain and cool. Cut into 2 to 3 inch pieces and dip pieces into beaten egg and then into flour.

Deep fat fry (370°) for 3 or 4 minutes or until nicely browned. Drain on a paper towel. Next add a little ground pepper.

Gary M. Ang,
Retired Trooper

GOLD MOUNTAIN BEANS

12 oz. sliced bacon
1 lb. ground beef
1 large onion
1 (16 oz.) can butter beans
2 (16 oz.) can kidney beans
2 (16 oz.) cans pork and beans
1/4 c. catsup
1/4 c. barbecue sauce
1/2 c. brown sugar
2 Tbsp. vinegar
1 Tbsp. mustard
2 Tbsp. liquid smoke
salt and pepper to taste

Cut bacon in thirds and brown in skillet. Slice onion and saute in bacon fat until tender; drain. Brown ground beef. Mix all ingredients using juice from all the cans of beans. Bake at 350° for 45 minutes in 9 x 13-inch uncovered pan or heat in crock-pot. Serves 8.

Cathy Burress, Wife of
Electronic Technician
Kirk Burress

HALIBUT WITH SHRIMP

halibut steaks or filets
1 c. sour cream
2 Tbsp. lemon juice
salt and pepper to taste
1 c. shrimp, cooked (warm)
1 c. shredded Cheddar cheese

Broil halibut until fish flakes. Mix sour cream and lemon juice in small bowl. (Can add chives, parsley, etc., if desired for color.) Place shrimp over fish, then pour sour cream mixture over each piece of fish. Sprinkle with Cheddar cheese and broil until cheese melts.

Very rich. Use small pieces of halibut.

Trooper Patty Davis
District 1

HAMBURGER BEANS

1 large can B&M beans (tomato juice size)
2 lb. hamburger
1 c. brown sugar
1 large can tomatoes (can cut them up)
1 large onion

Saute hamburger with 1 large onion. Mix in remaining

ingredients. Fills larger than a 9 x 13-inch pan, I use a 4 quart casserole. Bake at 325° for 2 hours.

Jerri Harpel
Former Records Section

HAMBURGER PATTY ELEGANT

2 lb. lean ground beef
1 large minced onion
1 small chopped green pepper
1 1/2 tsp. minced garlic
1 tsp. salt
1/2 tsp. pepper
1 1/4 tsp. dry mustard
3/4 c. grated medium cheese
1/8 c. Worcestershire sauce

Mix all ingredients. Form large patties. Broil until extra crisp on outside.

Sandy Rowland
Identification Section

HAWAIIAN CHICKEN OR SPARERIBS

2 (3 lb.) chickens, cut up, or 6 to 8 lb. ribs
1 (16 oz.) can pineapple
1/2 c. brown sugar
4 Tbsp. cornstarch
2 Tbsp. chili powder
1 Tbsp. soy sauce
1/2 c. vinegar
1 Tbsp. Worcestershire sauce
2/3 c. catsup

Put chicken in pan and cook closed lid or foil for 1/2 hour at 350°. Cover with 1/2 of sauce. Turn over. Put other half of sauce on 1/2 hour later. Total cooking time is 2 hours, last hour uncovered.

Leona Cramer
Traffic Investigation

ITALIAN DELIGHT

1 green pepper, finely chopped
1 medium onion
1 lb. ground round
1 (8 oz.) pkg. shell macaroni
1 c. grated cheese
1 can whole corn, drained
1 (3 oz.) can mushrooms (undrained)
2 large cans tomato sauce
1 Tbsp. brown sugar
1/4 tsp. chili powder
1 Tbsp. Worcestershire sauce

Brown hamburger, pepper and onion. Mix together cheese, corn, mushrooms, brown sugar, tomato sauce, chili powder and Worcestershire sauce. Cook shell macaroni. Put browned hamburger, pepper and onion in bottom of casserole. Place cooked macaroni on top of that and pour other mixture on top

and stir. Chill overnight or prepare early in day and let set. Bake at 350° for about 1 1/2 hours or until well heated.

Paulette Speed
Secretary, FOB

ITALIAN SPAGHETTI

1 lb. ground beef
1 (6 oz.) can tomato paste
1 (6 oz.) can water
1 (8 oz.) can tomato sauce
1 medium onion, chopped
1 clove garlic, minced
1 can tomatoes
1/4 tsp. pepper
2 tsp. salt
1 tsp. chili powder
1 Tbsp. Worcestershire sauce
2 Tbsp. brown sugar
1 Tbsp. lemon juice
1 tsp. oregano
1 small can mushrooms
2 Tbsp. Parmesan cheese

Brown the ground beef, then add other ingredients. Slowly simmer, stirring occasionally, for a couple of hours or longer.

Carolyn J. B. Whitney, Wife of
Sgt. Len Whitney, D8

JAMBALAYA

1 Tbsp. fat
1 Tbsp. flour
1 lb. ham, cooked and chopped
1 c. shrimp, cooked
1 1/2 c. cooked tomatoes
1 medium onion, sliced
1/4 tsp. thyme (optional)
1 clove garlic, crushed
1 green pepper, finely sliced
1 red pepper, finely sliced
1/4 tsp. parsley
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
1 tsp. Worcestershire sauce
4 c. water
1 c. uncooked rice

Melt fat. Add flour; stir until brown. Add ham, shrimp and tomatoes. Cook 3 minutes. Add onion, seasonings and water. Simmer 10 minutes. Add rice and cook until tender.

Trooper and Mrs. Bill Bowers, D8

LOBSTER FANTASY

halibut steaks or filets
2 c. water
1/2 c. white wine
1 bay leaf
butter

Poach fish in water, wine and bay leaf until just firm. Pat dry and remove bones and skin, if using steaks. Brush lightly with melted butter and place under broiler. Brown

lightly and remove. Serve with drawn butter (with garlic if desired) and lemon.

Trooper Patty Davis
District 1

MANICOTTI

1 pkg. Golden Grain stuff-a-roni shells
8 oz. cottage cheese
8 oz. Ricotta cheese (or more, if so desired)
2 tsp. parsley
1 lb. hamburger
1/2 c. onion (optional)
1 (32 oz.) Ragu thick and hearty spaghetti sauce
3/4 c. water

Brown hamburger with onion. Mix cottage cheese, Ricotta cheese, parsley and hamburger in a medium sized bowl. Put half of Ragu sauce with water in bottom of oblong baking dish. Stuff mixture into manicotti shells and put on top of sauce in baking dish. When all shells are stuffed, put remaining amount of sauce over shells and cover. Bake at 375° for 1 hour.

Dorothy L. Petersen
Traffic Investigation

MARINATED PORK STRIPS

2 lb. pork tenderloins
1 1/2 c. soy sauce
3 Tbsp. sugar
2 Tbsp. minced onion
2 cloves garlic, minced
2 tsp. ground ginger
1/4 tsp. sesame oil
2 Tbsp. oil

Trim the fat from the tenderloins. Combine the remaining ingredients except the oil in a bowl. Marinate the pork in the mixture for 3 hours in refrigerator, turning and basting frequently. Drain and reserve the marinade. Preheat oven to moderate 375° temperature. Transfer the pork to an oiled roasting pan and roast until tender, about 45 minutes. Simmer the marinade for 10 minutes. Cut the pork into thin slices and serve on cocktail picks as an hors d'oeuvre with the marinade as sauce.

Zenie C. Esmele
Clerk-Typist, D2, Seattle

MEAT BALLS

2 lb. hamburger
3/4 c. Minute rice
1 large onion (put through meat grinder)
1 green pepper (put through meat grinder)
2 eggs, beaten and mixed with 1/4 c. milk
1 tsp. salt

Gravy:

1 large can tomato soup
3 cans cream of mushroom soup

Fix gravy first. Mix together soups in roaster or Dutch oven. Add enough water to make it a nice thick gravy. Have it boiling slowly, stirring occasionally. Mix remaining ingredients; roll into meat balls. Drop into gravy and cook for 2 hours at 300°.

Note: Meat balls should be about the size of ping pong balls.

Dorothy Petersen
Traffic Investigation

MEAT BALLS

2 lb. hamburger
1 c. bread crumbs
1 pkg. Lipton onion dry soup
3 eggs
1 bottle chili sauce
1 bottle water (chili sauce bottle)
1 small can drained sauerkraut
1 small can whole cranberry sauce
1 c. brown sugar

Mix hamburger, bread crumbs, onion soup and eggs. Form walnut sized balls and brown in skillet. Mix remaining ingredients together. Pour over meatballs. Bake at 350° for 1 hour.

In a crock-pot start on high, then low for 2 hours.

Wendy Hansen
Records Section

MEAT-ZA PIE

1 lb. ground beef
1/2 c. bread crumbs
2/3 c. evaporated milk
1/2 tsp. garlic salt
2 Tbsp. Parmesan cheese
slices of Cheddar cheese
1/3 c. catsup*
mushrooms (optional)
olives (optional)

Mix the ground beef, bread crumbs, evaporated milk and garlic salt. Spread evenly in 9-inch pie pan. Form a low rim

around the edge. Top with catsup, then mushrooms and olives if you wish. Top with cheeses. Bake at 400° for 20 minutes.

*Can substitute pizza or barbecue sauce for catsup.

Cozyet Lueck, Wife of
Trooper Steve Lueck, D3

MEXICALI HASH

2 lb. lean ground beef
1 medium onion, diced
1 pkg. taco seasoning mix
1 (16 oz.) can chopped tomatoes, undrained
1 can whole kernel corn, drained
1 (15 oz.) can tomato sauce
1 small can sliced olives
1 (15 oz.) can small red beans, drained and rinsed
tortilla chips (plain and preferably unsalted)
Cheddar and Jack cheeses

In Dutch oven, brown hamburger with onions; drain excess fat. Add remaining ingredients, except chips and cheese. Heat thoroughly on top of stove or in oven. Shortly before serving, gently stir in chips broken into pieces. Sprinkle with cheese; cover and simmer or bake until cheeses have melted.

Alternate Use: Omit chips and serve over cornbread squares or cornmeal muffins.

Bake hash at 350° if using oven. Will take about 30 minutes covered.

T. L. Schwent, Wife of
CVEO3 Bob Schwent, D8

MEXICAN BARBECUED SANDWICHES

12 French rolls
1 bunch green onions
1 thick slice ham
1 small can green Ortega chiles
1 cube butter or margarine
1 can tomato sauce
8 slices cheese

Chop ham, onions, chiles and cheese together. Add cube of melted butter and tomato sauce. Cut tops off rolls; scoop out insides of rolls and fill them with the mixture, quite full, as the cheese melts the mixture settles in the roll. Place top back on and wrap in foil. Let stand in refrigerator for 8 hours. Bake in 350° oven for 20 minutes or until cheese is melted. May be made in advance and frozen.

Geri Burt, Wife of
Trooper Mike Burt, Academy

MEXICAN CHICKEN BREASTS

8 skinless chicken breasts
8 slices (1 to 2-inches thick) Jack or Cheddar cheese
2 (4 oz.) cans green chilies (mild)
1 1/2 c. Italian crumbs
1 tsp. basil
1/2 c. melted butter
1/2 tsp. chili powder

Pound breast until thin; put slice of cheese on each. Top with one whole green chili. Fold over to cover completely. Place in baking dish. Mix together Italian bread crumbs, basil, melted butter and chili powder. Pat on chicken breasts until well covered all around. Refrigerate overnight or 3 to 4 hours. Bake at 350° for 20 to 30 minutes.

Serve with Spanish rice or refried beans and salad.

Joann Baughman, Wife of
Trooper Lee Baughman, D4

MEXICAN OVEN OMELETTE

8 eggs, beaten
1 tsp. garlic salt
1 (7 oz.) can diced green chilies
1/4 c. chopped green onions
1 1/4 c. milk
1 tomato, chopped
8 oz. shredded Cheddar cheese

Combine eggs, milk and garlic salt. Mix in chilies, onion, tomato and cheese. Pour into greased shallow 1 1/2 quart casserole and bake at 350° for 40 minutes. Serve with sour cream and salsa.

Susan Spencer
Ephrata Detachment

MEXICAN POT ROAST

3 to 3 1/2 lb. roast
2 Tbsp. cooking oil
1 (8 oz.) can tomatoes, cut up and undrained
1 (4 oz.) can green chilies, drained
1/4 c. water
1/2 envelope (2 Tbsp.) taco mix
2 tsp. beef bouillon granules
1 tsp. sugar
1/2 c. cold water
2 Tbsp. flour

Brown meat in oil. Combine ingredients; pour over meat. Simmer covered at 325° for 2 to 2 1/2 hours. Remove meat; skim fat. Pour juice into cup. Add water to make 1 3/4 cups liquid. Blend water and flour for thickening for gravy.

Elaine Rathbun
Vehicle Inspections, D2

MY SISTER-IN-LAW'S SPARERIBS

2 1/2 lb. country style spareribs or chicken parts
1/2 c. onions, diced
1 1/2 c. crushed pineapple
1/2 tsp. ginger
1/2 c. catsup
1/8 c. (2 Tbsp.) cider vinegar
3/8 c. soy sauce
1/4 tsp. Tabasco sauce
1 tsp. salt
2 Tbsp. brown sugar

Place meat or chicken in shallow pan. Sprinkle onions over top. Mix remaining ingredients for marinade. Spread over meat or chicken. Bake uncovered at 350° for 1 1/2 hours.

Comment: All ingredients for marinade, including the onions, can be put in the blender and then poured over meat or chicken.

Easy make ahead and very tasty.

Barbara Harvey, Retired
D7 Secretary

NACHOS

6 c. refried beans
1 lb. hamburger
1 large onion
1 c. chili peppers
4 c. shredded cheese
1 c. salsa
1 bunch green onions
4 medium tomatoes
1 pt. sour cream
corn chips
salt and pepper to taste

Brown onion and hamburger; season and drain. Put beans in bottom of 9 x 13-inch greased pan. Add drained meat mixture. Layer chopped chilli peppers over top. Sprinkle with cheese and cover with salsa (mild, medium or hot, according to taste). Bake until well heated, about 30 to 40 minutes. While cooking, chop tomatoes and green onions. At serving time, cover with sour cream, tomatoes and green onions. Serve with warm chips.

Luanne Smith
Academy Kitchen

NANCY MALTBY'S LASAGNE

1/2 lb. lasagne noodles
2 (8 oz.) cans tomato sauce
2 Tbsp. green pepper
8 oz. Ricotta cheese
8 Tbsp. butter
1/4 c. brown sugar (optional)
1 lb. ground beef
1 c. green onions
8 oz. cream cheese
8 oz. sour cream
1 lb. Mozzarella cheese

Cook and drain lasagne noodles. Brown and drain ground beef. Saute green onions and peppers; add to ground beef. Mix in tomato sauce. (I add 1/4 to a 1/2 cup brown sugar to cut strong tomato taste.) Mix cream cheese, Ricotta cheese and sour cream in blender. Place layer of the cooked noodles in bottom on casserole dish, then top with cheese mix, more noodles, 1/2 meat mix, layer of noodles, more cheese, noodles and the rest of the meat and top with a pound of Mozzarella cheese. Bake uncovered at 375° for 30 minutes.

Pamela Maltby
Communications, Olympia

NOODLE AND CRAB CASSEROLE

2 c. dry flat noodles
1 can crab meat
1 can cream of mushroom soup
2/3 c. milk
2/3 c. mayonnaise
1 pkg. shredded cheese (optional)
1/4 c. chopped green pepper

Cook the noodles while preparing the rest of the ingredients. Saute green pepper in butter. To this, add soup, milk and mayonnaise. Stir in crab and part of shredded cheese. Combine cooked noodles and crab mixture and place in buttered casserole dish. Sprinkle with remaining cheese. Bake 1 hour at 325°.

Dorothy L. Petersen
Traffic Investigation

NOODLES RIVIERA

1 lb. lean ground beef
dash of pepper
1 (1 1/2 oz.) pkg. dry spaghetti sauce mix
1 (6 oz.) can tomato paste
4 (6 oz.) cans water
8 oz. wide lasagna noodles
1/2 c. grated Parmesan cheese
1/2 tsp. ground thyme
1 (3 oz.) pkg. cream cheese
1 c. sour cream

Brown ground beef; season with dash of pepper. Drain fat. In a large saucepan, combine spaghetti sauce, thyme and all the tomato paste, then gradually stir in four cans of water. Add meat and simmer 20 to 25 minutes.

Meanwhile, cook noodles according to package directions. In a bowl or food processor, combine sour cream and cream cheese (cut into cubes first in food processor). Stir in 1/4 cup of the Parmesan cheese. In greased 13 x 9 x 2-inch baking

dish, place 1/2 of the noodles. Spread half of meat mixture over noodles, followed by 2/3 of sour cream mixture. Cover with remainder of noodles, then meat mixture. Drop blobs of remaining sour cream mixture on top, then sprinkle with 1/4 cup Parmesan cheese. Bake 25 minutes in 350° oven.

Barb Beier
Communications, D8

NUTTY NOODLES

2 or 3 stalks celery, chopped fine
1 small onion, chopped fine
1 Tbsp. fat
1 lb. ground beef
1 can cream of chicken soup
1 can chicken rice soup
1 can Chinese noodles

Brown celery and onion lightly in pan with fat. Add ground beef; brown. Add chicken soup, chicken rice soup and noodles. Mix well. Don't add salt. Bake in casserole 30 minutes at 350°.

Gloria Hughes, Wife of
the late Cpt. James S. Hughes

ONE PAN DINNER

4 medium potatoes
1 small onion
1 c. chopped celery
4 to 6 pork chops, hamburgers or round steak
1 can cream of mushroom soup

Brown meat; cover with veggies and top with soup. Salt and pepper to taste. Cover pan and simmer on low until veggies are tender (about 30 minutes).

Craig Hansen, Husband of
Wendy Hansen, Records Section

ONE POT BEAN DISH

1 lb. hamburger
1 onion, chopped
3/4 lb. bacon
64 oz. pork and beans
15 oz. buttered lima beans
15 oz. kidney beans
1 c. ketchup
3 Tbsp. white vinegar
1/2 c. brown sugar
1 tsp. salt (optional)
1 Tbsp. liquid smoke
dash of pepper

Brown hamburger. Brown chopped bacon and onion together. Put in crock-pot. Add pork and beans. Drain buttered lima beans and kidney beans. Add to crock-pot along with

remaining ingredients; stir well. Cook in crock-pot 4 hours at medium heat, stirring occasionally.

Can also be baked in 4 quart casserole dish in oven 4 hours at 325°.

Trooper Hank Edwards
and Wife, Fran

PANCIT (CHOW MEIN)

1 c. sliced celery
1 c. sliced carrots
1 c. broccoli
1 can water chestnuts, drained
1 chopped onion
garlic to taste
1/4 c. soya sauce
1 c. sliced chicken breast
1 pkg. rice noodles or 2 pkg. Top Ramen
1 c. water

Saute garlic and onions in olive oil or peanut oil, then the chicken breast, carrots, celery, broccoli, water chestnuts and soya sauce. Just saute and stir on high heat. Use a wok if you have one, it cooks better. Add a cup of water. Add rice noodles or Top Ramen is a good substitute; simmer until tender. Serves at least 6.

Puri Heacock
Secretary D8

PARMESAN CHICKEN

chicken (with or without the skin)
1/2 c. Parmesan cheese
1/2 c. bread crumbs
1/4 c. flour
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
1/4 tsp. garlic salt

Dip chicken pieces in a small amount of melted butter. Shake chicken in a paper bag filled with remaining ingredients. Bake at 375° for about 1 hour on a cookie sheet with edges.

Susan Knopes, Records
Marsha Boardman, Wife of
Trooper Marc Boardman

LOW-FAT PASTA WITH SEAFOOD

fresh shelled shrimp, scallops, clams (or any combination) to serve 4
cooked spaghetti noodles to serve 4

Sauce:

1/2 c. chopped onion
2 cloves garlic, minced
1 cube chicken bouillon
1 tsp. crushed basil
1/2 tsp. oregano
2 Tbsp. cornstarch
1/2 green pepper, chopped
1/2 c. Parmesan cheese

In skillet cook onion, garlic and green pepper in a drop of oil. Stir together cornstarch and bouillon into 1 cup warm water. Add liquid mixture and spices to skillet to make a sauce. Add seafood and cook 3 to 4 minutes or until seafood is done. Add cooked spaghetti noodles. Sprinkle with Parmesan cheese and serve. One serving = 4 grams fat.

Two medium chopped tomatoes may be added at serving.

Marsha Brown, Wife of
Trooper Ev Brown, Academy

PERKY PICNIC CHICKEN

1 egg
2 Tbsp. milk
1 (1 1/2 oz.) envelope French's spaghetti sauce mix
1/4 c. flour
2 Tbsp. grated Parmesan cheese
1 frying chicken, cut up
oil

Combine egg and milk in shallow bowl; mix lightly. Combine spaghetti sauce, flour and cheese; mix well. Dip chicken pieces in egg mixture and then spaghetti sauce mixture. Fry in hot oil in large skillet for about 20 minutes, turning to brown evenly. Cover. Cook for 20 to 30 minutes longer or until tender. Chill and serve cold.

Cora Groenhuizen
WSP Academy

PORK CHOPS AND RICE

6 lean pork chops
1 can cream of mushroom soup
1 can cream of celery soup
1 pkg. dry onion and mushroom soup
1/2 c. rice
1 c. water

Brown chops and drain thoroughly. Can be done on barbecue grill. Place all ingredients in large dish, mix and add chops. Push chops down into mix. Bake at 350° for 1 hour. Do not add salt or seasonings.

Sgt. Bill Ford
Fiscal Office

ROAST VENISON

3 to 4 lb. venison roast
1 pkg. dry onion soup mix
1/4 c. vinegar
1 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce
1 large onion, sliced
1 piece suet or bacon

Wash and trim meat. Soak overnight in salted water. Drain off water and re-soak in salted water. Trim off shreds of whitish substance, if any. Into bottom of baking pan, sprinkle dry onion soup mix. Set well washed roast into mix sprinkled pan. Combine vinegar, soy sauce and Worcestershire sauce and spoon over meat. Place onion slices on top of meat. Cut strips of suet or bacon and secure to meat with toothpicks or skewers. Cover pan with heavy aluminum foil; seal edges of foil around lip of pan. Cover loosely to allow space for steam. Bake 4 hours at 325°. Yield: 8 servings.

Carolyn J. B. Whitney, Wife of
Sgt. Len Whitney, D8

SALMON WINDEMERE

salmon or steelhead fillets
lime juice
mayonnaise
dill weed
butter

Place fillets in baking dish. Sprinkle fillets with lime juice. Spread thin layer of mayonnaise over fillets. Add dill weed to taste and dot with butter. Heat oven to 500°. Place fillets in oven and turn oven off, allowing fish to cook as oven cools for 30 minutes.

Note: Do not open oven. For thicker fillets or more than 3 pieces, leave oven on for 3 to 5 minutes.

Trooper Hank Edwards
and wife, Fran

SAUCY CHICKEN

1 fryer chicken, cut up (or 2 to 3 lb. fryer parts)
1 (8 oz.) bottle French dressing
1 can whole cranberry sauce
1 envelope dry onion soup mix

Remove skin, rinse; pat dry. Brown chicken pieces in hot oil,* then remove to a casserole or oven dish. Mix the remaining ingredients in a medium bowl and pour over the

chicken. Bake in 375° oven for 1 hour. Delicious! Serves 4 to 6.

*Optional: Saute in butter, garlic juice and vermouth.

Cherry Bowen
Traffic Investigation

SAUSAGE QUICHE

pie crust mix for one 9-inch pie crust
1 Tbsp. margarine, softened
1 (16 oz.) pkg. ground pork sausage
1/4 lb. shredded Cheddar cheese (1 c.)
4 eggs
2 c. heavy cream

Prepare pie crust as label directs. Line 9-inch pie plate with rolled pie crust. Spread pie crust with margarine. In 10-inch skillet, cook sausage until browned; drain. Sprinkle sausage and cheese on pie crust. Preheat oven to 425°. In medium bowl, beat eggs and cream with fork. Pour into pie crust. Bake 15 minutes. Turn oven temperature to 300°. Bake 40 minutes or until set.

Wandalee Jeffries
Records Section

SEAFOOD FETTUCINI

2 c. milk
2 Tbsp. cornstarch
2 Tbsp. margarine
1 tsp. dill weed
1/4 tsp. white pepper
1/4 tsp. celery seed
fettucini noodles
1 to 2 c. broccoli, cooked
1/2 lb. shrimp
1/2 lb. crab
2 Tbsp. margarine
1 can mushrooms
2(+) cloves garlic, minced
1 Tbsp. au jus powder
Parmesan cheese

Cook fettucini according to the directions on the package. Rinse and drain. Meanwhile, mix the milk and cornstarch in a medium saucepan until smooth. Add the margarine, dill weed, white pepper and celery salt. Bring to a boil. Turn heat down. Add shrimp and crab meat. Keep warm. In small frypan, melt the margarine. Saute the mushrooms and garlic. Add the au jus powder. Toss mushroom mixture and broccoli with noodles. Place on plates. Top with shrimp and crab mixture. Top with Parmesan cheese. Serve!

Laurie Abel
D7 Everett

SHRIMP-CRABMEAT CASSEROLE

1 can crabmeat
2 cans shrimp
1 can mushrooms
1 c. diced celery
1 small onion, minced
1 green pepper, minced
4 hard-boiled eggs, cut up
1 pt. mayonnaise
2 tsp. Worcestershire sauce
salt
bread crumbs
sliced cashews

Mix all ingredients together. Pour in 9 x 13-inch baking dish. Sprinkle top with bread crumbs and cashews. Bake at 350° for 45 minutes. Serves 8 to 10.

Jan Gates, Wife of
Trooper Frank Gates, D6

SIMPLE SOUFFLE

butter
grated Parmesan cheese
4 eggs
4 oz. sharp Cheddar cheese, cubed
1 (3 oz.) pkg. cream cheese, cubed
1/3 c. milk, light cream or half and half
1/4 c. grated Parmesan cheese
1/2 tsp. onion salt
1/2 tsp. dry mustard

Butter bottom and sides of 1 quart souffle dish or casserole. Dust with Parmesan cheese. Set aside. Combine remaining ingredients in blender container. Cover and blend at medium speed until smooth, about 30 seconds. Blend at high speed another 10 to 15 seconds. Carefully pour into prepared dish. Bake in preheated 350° oven for 25 to 30 minutes or until puffy and delicately browned. Serve immediately.

Cherry Bowen
Traffic Investigation

SLOPPY JOES

3 lb. hamburger
2 Tbsp. butter
1/2 c. chopped celery
1 chopped onion
1 c. ketchup
3/4 c. water
1 tsp. salt
1 Tbsp. mustard
2 Tbsp. brown sugar
2 Tbsp. lemon juice
1/4 tsp. pepper
2 Tbsp. Worcestershire sauce
garlic salt

Brown hamburger. Saute celery and onion in butter. Mix remaining ingredients and add to sauteed ingredients. Mix everything together and heat through.

Mary Coleman
Fiscal Office

SURPRISE STEAK

1 1/2 lb. round steak, 3/4-inch cut
1/4 c. flour
1 tsp. salt
1 (16 oz.) can stewed tomatoes
1/2 c. chopped celery
1/2 c. chopped carrots
1/2 c. chopped onions
1/2 tsp. Worcestershire sauce
1/4 c. shredded sharp cheese

Pound flour and salt into meat and brown in skillet. Remove from skillet; blend remaining flour with drippings. Add remaining ingredients except cheese. Cook and stir until it boils. Pour over meat in baking dish and bake at 350° for 2 hours, until tender. Top with cheese and return to oven a few minutes.

Peggy Cothren
Records Section

SWEET-SOUR BARBECUED COUNTRY SPARERIBS

4 lb. country style spareribs, cut into serving size
2 Tbsp. vinegar
2 Tbsp. lemon juice
1 Tbsp. mustard
1 Tbsp. brown sugar
dash of Tabasco sauce
2 Tbsp. Worcestershire sauce
1/2 c. catsup
1/2 c. water
1 Tbsp. cornstarch
salt and pepper

Cut all fat off spareribs. Bring pot of water to boil. Add spareribs; reduce heat. Simmer ribs for about 45 minutes to 1 hour. Mix all other ingredients in a saucepan; bring to boil. Simmer until sauce has thickened. Place spareribs in a rectangular dish. Pour sauce over ribs. Bake at 350° in a preheated oven for about 1/2 hour.

Cathy Yunck, Wife of
Detective Ron Yunck

SWEET AND SOUR SPARERIBS

country style spareribs

Sauce:

1 c. sugar
garlic salt (shake)
1 tsp. salt
2 c. water
1/3 c. soy sauce
1/4 c. flour
1/2 tsp. ground ginger
1/2 tsp. dry mustard
1/4 c. vinegar

Simmer ribs for 1/2 hour; drain. Pat dry and brown.

Mix all sauce ingredients together and pour over meat. Simmer for 20 minutes.

Susan Spencer
Ephrata Detachment

TIJUANA TORTE

2 lb. ground beef
1 large pkg. of taco seasoning
1 large can stewed tomatoes
1 large can Ortega diced chilies
1 large pkg. flour tortillas
1 large pkg. shredded Cheddar cheese
1 large pkg. shredded white cheese

Brown hamburger; drain. Drain tomatoes and chilies. Add to hamburger with season mix. Simmer 15 minutes. Coat sides of 9 x 13-inch pan or dish with moisture from hamburger. Place 2 tortillas on bottom of pan, then layer of meat mixture and light layer of each kind of cheese. Do this 3 times, ending with top layer being the 2 cheeses. Bake 20 minutes. Take out; let set for 1/2 hour, then serve with sour cream.

Academy Kitchen

TINY TUNA PIZZAS

1 small can tuna in oil
1/4 c. chili sauce
1 tsp. minced onion
1/4 tsp. salt
1/8 tsp. oregano
1 small loaf party rye
grated Parmesan cheese

Combine tuna, chili sauce, onion, salt and oregano; mix well. Spread on rye slices. Place on baking sheet. Sprinkle with Parmesan cheese. Bake at 425° for 4 minutes or until heated through. Serve hot.

Cora Groehuizen, Wife of
Dirk Groenhuizen, Academy

WALLA WALLA ONION PIE

Caraway Pastry:

1 1/3 c. flour
1/2 tsp. salt
1/2 c. shortening
1 Tbsp. caraway seed
3 to 4 Tbsp. cold water

Filling:

2 large Walla Walla sweet onions, sliced (about 4 c.)
2 1/2 Tbsp. flour
1 1/2 tsp. salt
1/4 tsp. paprika
1/2 c. grated Parmesan cheese
3 eggs, slightly beaten
1 1/2 c. milk
4 slices bacon, crumbled

Measure flour and salt in a bowl. Cut in shortening thoroughly. Add caraway seed. Sprinkle with water, 1 tablespoon at a time, mixing until all flour is moistened. Gather dough into ball and shape into a round on slightly floured board 2-inches wider than edge of a 10-inch pie pan. Fit pastry in pan. Flute edges. Bake crust 10 minutes in a 400° oven.

Cook onions covered over low heat until tender and crisp; drain well. Add to pie shell. Add remaining ingredients. Bake at 400° for 35 to 40 minutes. Garnish with bacon.

Rosie Veleke, Wife of
Major Bud Veleke, Retired

WHAT NOT, IT NOT AND ONIONS

potatoes, peeled and cut in quarters
onions, peeled and cut in quarters
green peppers, cleaned and sliced
celery, cleaned and cut in small pieces
carrots, cleaned and cut in small pieces
rutabagas, peeled and cut in quarters
oysters or large prawns
garlic, sliced
salt and pepper (season with)

This is a one dish meal I have cooked for my family for many years. Use a large baking dish, depending on the number of people to be fed.

The ingredients are placed in layers with potatoes on the bottom of the dish, then the onions, rutabagas, carrots, green peppers, celery and oysters or prawns. Repeat the layers again two times, seasoning with salt and pepper and a clove of sliced garlic. Cover with a small can of tomato sauce. Do NOT add water. Cover and bake in a 350° oven for 2 hours. Serve with salad and rolls.

Captain William B. McCluskey,
Retired

WHITEFISH DISH

1 1/2 lb. whitefish
2/3 c. Best Foods mayonnaise
2/3 c. grated Parmesan cheese
2/3 c. chopped green onion
2/3 c. sour cream

Lay fish in a 9 x 13-inch glass baking dish. In a bowl, combine mayo, Parmesan cheese, onions and sour cream. Spread mixture over fish. Bake in 500° oven for 10 minutes.

Geri Wiskirken, Wife of
Major Bill Wiskirken
Technical Division

WILD DUCK OR GOOSE

wild duck or goose
salt
1 apple, sliced
1 or 2 carrots
1 onion, sliced
1 clove garlic, minced
1 c. red wine
1 c. water

Wash bird thoroughly in cold water. Salt inside and out (optional). Place on rack in roaster. Stuff apple slices, carrots, onions and garlic into cavity of duck. Pour water and wine over duck. Heat roaster to 325° or put in oven at 325° for at least 2 hours, geese at least 4 hours, checking fluid often. Add more wine and water as needed.

Wild pheasant may be cooked the same way, using white wine.

Carolyn Whitney, Wife of
Sgt. Len Whitney, D8

ZESTY ITALIAN CRESCENT CASSEROLE

1 lb. ground beef
1/4 c. chopped onions
1/2 pkg. taco mix
8 oz. tomato sauce
1 1/2 c. Mozzarella cheese
1/2 c. sour cream
8 oz. pkg. crescent rolls (Pillsbury)
1/3 c. Parmesan cheese
2 Tbsp. melted butter
3 oz. cream cheese (optional)

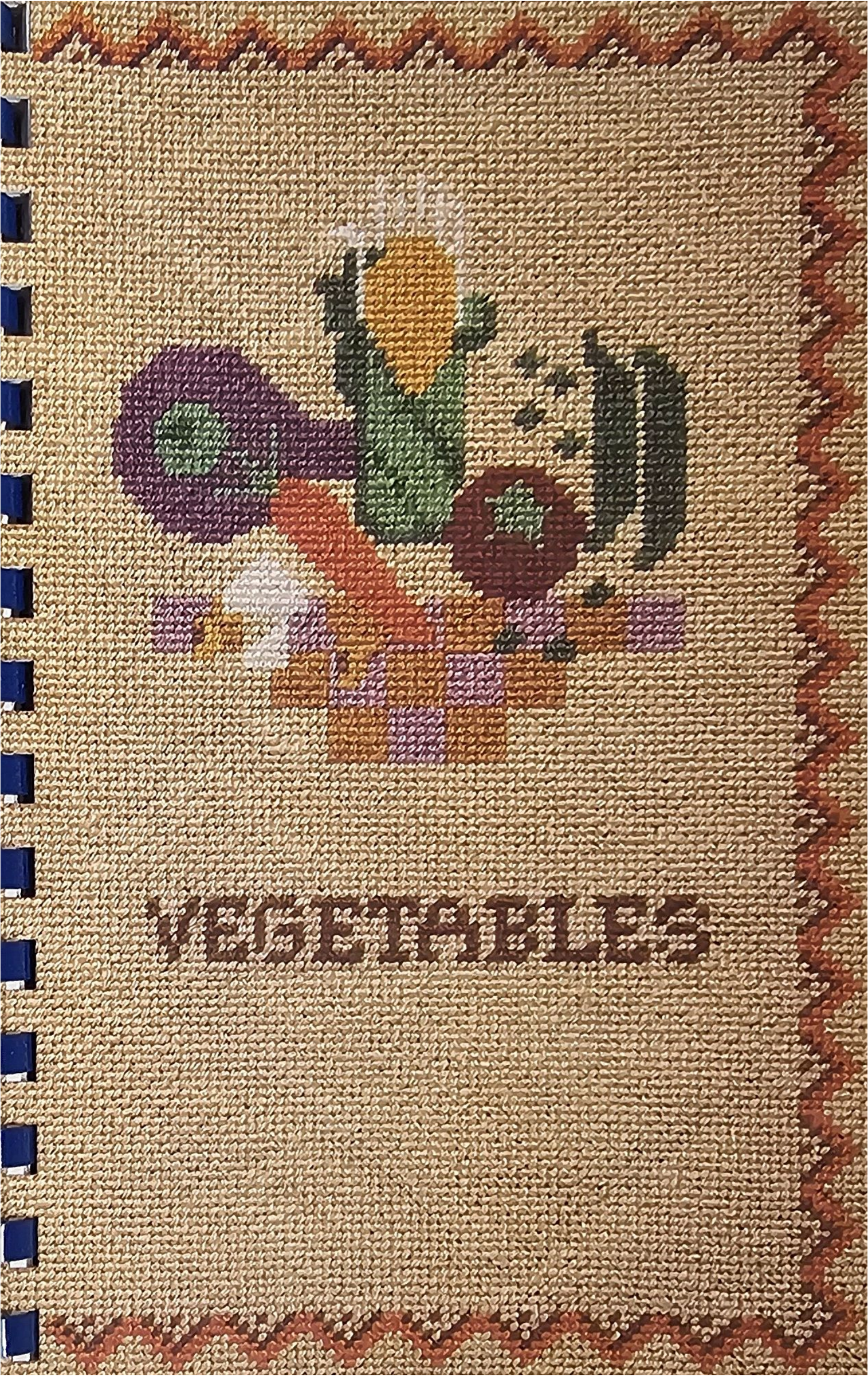
Brown beef and onion; stir in tomato sauce and mix. Heat until hot and bubbly. Combine Mozzarella cheese, cream cheese and sour cream. Pour hot meat into ungreased 8 x 12-inch (or 9 x 13-inch) baking dish. Spoon cheese mixture over meat and distribute. Unroll to flat and place crescents

over cheese. Melt butter and Parmesan and spread or brush over crescents. Bake uncovered 18 to 25 minutes at 350°.

Ron Mead
Communications, D8

<<< Extra Recipes >>>

<<< Extra Recipes >>>


VEGETABLES

How To Can Vegetables

POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

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VEGETABLES

BARLEY CASSEROLE

1/4 lb. butter or margarine
2 medium onions, chopped
3/4 lb. mushrooms, trimmed and sliced (may use canned)
1/2 c. pearled barley
pimento
salt and pepper
2 c. consomme

Brown onions and mushrooms in butter or margarine. Add pearled barley; cook until barley is lightly browned. Add pimento, salt, pepper and consomme. Bake in covered casserole at 350° for 1 hour. (May require more than 1 hour to bake.) Serves 4 to 6.

Jan Gates, Wife of
Trooper Frank Gates, D6

BEAN CASSEROLE

2 (No. 2) cans yellow lima beans (2 1/2 c.)
1 (No. 2) can green lima beans
1 (No. 2) can red kidney beans
1 jar brick oven baked beans

Drain juice from lima and kidney beans. Fry about 10 slices bacon, cut in pieces. Slice 2 onions and fry in bacon grease until soft. Mix all ingredients together.

Sauce:

1 c. brown sugar
1/2 c. vinegar
2 Tbsp. dry mustard
1/2 tsp. garlic powder
1/2 tsp. each salt and pepper

Bring to a boil. Pour over beans and bake at least 1 hour at 350°. Lower oven for longer baking.

Diane Klundt
Clerk-Typist, D7, Mt. Vernon

BEST EVER BEANS

2 lb. hamburger
1/2 c. or more brown sugar
2 cans kidney beans
1 can B&M baked beans
1 large can lima beans
3 small onions
2 small cans tomato sauce
1 tsp. chili powder
1 can pork and beans

Brown onions and hamburger in small amount of cooking

oil and pour off grease. Mix with other ingredients and bake 1 1/2 hours at 350°.

Sandy Morgan, Wife of
Sgt. Barry Morgan, D3

BROCCOLI A LA ISABELLE

2 pkg. chopped broccoli
1 can cream of mushroom soup
1 c. mayonnaise
2 well beaten eggs
1 medium onion, chopped fine
salt and pepper to taste

Cook broccoli until tender; drain. Mix broccoli with soup, mayonnaise, eggs, salt and pepper. Put in casserole and top with grated Cheddar cheese. Dot with butter and cover with bread crumbs. Bake at 350° for 45 minutes, uncovered.

Pam Stewart, Wife of
Trooper Dick Stewart, D7

BROCCOLI RICE

1 Tbsp. butter
1 medium onion, minced
1/2 tsp. dry mustard
1 (8 oz.) Cheez Whiz
1 c. celery soup
1 pkg. chopped broccoli, cooked and drained
3 c. cooked rice
1 can French fried onion rings

Cook onion in butter; add mustard and cheese. Gradually add soup; add broccoli and rice. Mix well. Put in buttered dish. Heat and add onion rings and return to oven about 5 minutes.

Judy Blair, Wife of
Trooper Malcom Blair, D6

BROCCOLI/RICE CASSEROLE

1 1/2 c. instant rice, uncooked
1 (8 oz.) jar Cheez Whiz, softened
1 can mushroom soup
1/4 c. water (mix with empty soup can)
2 pkg. (10 oz.) frozen broccoli, thawed and chopped
1/2 c. finely chopped celery
1/2 c. finely chopped onion
1/2 c. melted margarine

Mix together. Put in 9 x 13-inch baking dish at 400° for 40 minutes.

Sharon Phillips, Manager
Memorial Foundation and
wife of Sgt. Rick Phillips

CHEESE POTATO CASSEROLE

8 large potatoes
2 1/2 c. grated Cheddar cheese
green onions
2 pt. sour cream

Boil potatoes until done. After potatoes have cooled, either grate or cube into large bowl. Add 2 cups grated Cheddar cheese and green onions to taste. Stir in sour cream. Sprinkle remaining cheese on top of casserole. Bake in 350° until hot.

This can be made in advance and stored in refrigerator.

Geri Burt, Wife of
Trooper Mike Burt, Academy

CLASSIC RICE

(Great Recipe - Tried and True!)

1 c. uncooked wild rice
1/4 c. butter
1/2 c. slivered almonds
2 Tbsp. chopped green onions
1 (8 oz.) can mushroom stems and pieces, drained
3 c. chicken broth*

Melt butter in large skillet. Add rice (MJB brown and wild), almonds, green onion and mushrooms. Cook and stir until almonds are golden brown, about 20 minutes. Heat oven to 325°. Pour rice mixture into ungreased 1 1/2 quart casserole. Heat chicken broth to boiling; stir into rice mixture. Cover and bake 1 1/2 hours or until all liquid is absorbed and rice is fluffy. Makes 6 to 8 servings.

*Chicken broth can be made by dissolving 3 chicken bouillon cubes in 3 cups boiling water.

Arlene Whalen, Wife of
Sgt. Larry Whalen, D7

FRIED RICE

3/4 to 1 lb. bacon (lean)
5 c. precooked rice (instant)
1 bunch green onions, chopped
4 eggs
soy sauce

In large electric skillet, fry thinly sliced bacon until crispy. Reduce heat, blending cooled rice to bacon and drippings. In small skillet, scramble 4 eggs, then toss eggs into

rice mixture. Stir in soy sauce to taste. Toss in green onions just before serving.

Anne Huss, Wife of
Major Robert J. Huss, FOB

GOURMET RICE

1 cube butter or margarine
1 can French onion soup
1 can beef consomme
1 1/2 c. white rice

Melt butter in 1 1/2 quart casserole dish while oven preheats to 350°. Stir in soup and rice with melted butter. Cover casserole dish and bake 1 hour.

Chris Mallahan
VIN Inspector, D7

GREEN BEANS SUPREME

1 large pkg. frozen cooked French-cut green beans
1 small chopped onion
1 Tbsp. parsley
3 Tbsp. butter
2 Tbsp. flour
1/2 tsp. shredded lemon peel
1/2 c. milk
1/2 c. shredded cheese
1/2 c. dry bread crumbs
1/4 c. chopped almonds

Note: Can adapt most any vegetable.

Cook beans; drain. Cook onion and parsley in butter. Blend in flour and lemon peel. Add milk; cook and stir until thick. Stir in sour cream, beans and almonds; heat until bubbly. Put in casserole dish. Sprinkle with cheese. Melt 1 tablespoon butter; toss with bread crumbs. Heat through in oven.

Kathy A. Ziesemer
Communications, D7

GREEN VEGETABLE MEDLEY

2 pkg. frozen chopped broccoli
1 pkg. frozen lima beans
1 envelope diced onion soup
1 c. sour cream
1 can mushroom soup
1 small can water chestnuts, sliced thinly
3 c. Rice Krispies
1/2 c. melted margarine

First cook the broccoli and lima beans until they are almost done. Drain and sprinkle the dry onion soup mix over

the vegetables, the sour cream, the can of mushroom soup and the can of thinly sliced water chestnuts. Now take the vegetable mixture and layer it with the Rice Krispies; end with Rice Krispies. Pour the margarine over the top and bake. Bake in 13 x 9-inch baking dish at 350° for 20 to 30 minutes.

Mary Bruhn (ARD)
Accident Records

PICNIC POTATOES

2 lb. shredded hash browns
8 oz. sour cream
1 can cream of mushroom soup
1/2 lb. Velveeta cheese, cubed
1 can Durkee onion rings
salt and pepper
1/4 c. butter, melted

Make sure hash browns are completely thawed. In large bowl, mix sour cream, Velveeta, onion rings, salt, pepper and butter. Add hash browns. Mix thoroughly. Place in oblong (9 x 13-inch) pan. (I spray my pans with Pam first.)

Topping:

2 to 4 c. crushed corn flakes
1/4 to 1/2 c. melted butter

Mix together well. Add more butter if needed so the corn flakes "clump" together a little bit. Spread on top of potato mixture. Bake in a 350° oven for 35 to 40 minutes.

This recipe can easily be doubled and tripled. When tripling, I use my turkey roaster to bake it in!

Laurie Abel, D7 Everett

POTATO CASSEROLE

5 medium potatoes
1/2 to 1 c. sour cream
3 to 5 Tbsp. melted butter
1/2 to 1 lb. grated cheese
3 Tbsp. chopped chives
1/4 to 1/2 c. chopped green onion
salt and pepper to taste

Boil or bake potatoes until done. Cool and peel. Grate potatoes and mix with remaining ingredients. Bake in uncovered dish for 30 minutes at 350°.

Georgia Easterday
Secretary, D8

POTATOES ROMANOFF

6 boiled potatoes
1 pt. sour cream
1 bunch chopped green onions
1 1/2 c. grated Cheddar cheese
salt and pepper to taste

Dice boiled, cooled potatoes. Add remaining ingredients (except 1/4 cup cheese to spread on top) and bake until heated through at 350° about 30 minutes or microwave. Spread remaining cheese on top. This can be made a day before and stored in refrigerator.

Sharon Parker, Wife of
Trooper Kerry Parker

ROBIN'S RICE

2 c. raw rice
1 pt. sour cream
1/2 to 3/4 lb. Monterey Jack cheese, shredded
2 (4 oz.) cans diced green chilies
1 to 2 Tbsp. green taco sauce to taste or omit
1 tsp. salt
1 tsp. ground black pepper

Bring 5 cups water to boil. Add 2 cups raw rice. Simmer 20 minutes. Transfer cooked rice to large casserole dish. Add other ingredients and mix well. Bake in 325° oven for 20 to 30 minutes. Serve with tacos or fish dishes.

Robin Bussoletti
Seattle Crime Lab

RUM GLAZED CARROTS

1 lb. carrots
1 Tbsp. rum
2 Tbsp. butter
2 Tbsp. sugar
salt, pepper and cardamon to taste

Cut carrots into uniform pieces, about 2-inches. Add small amount of water (about 1 tablespoon), rum, butter, sugar, salt, pepper and cardamom. Cook until tender. Last few minutes, raise cooking heat until carrots are glazed (watch carefully).

Cherry Bowen
Traffic Investigation

SCALLOPED POTATOES

2 pkg. hash browns
2 cans cream of potato soup
2 c. mild cheese
1 c. sour cream

Mix. Bake in casserole dish for 1 hour at 350°.

Mary Coleman
Fiscal Office

SWEET AND SOUR BEANS

8 slices diced bacon
2 onions, chopped
1 c. brown sugar
1/2 tsp. garlic powder
1/2 c. cider vinegar
1 tsp. dry mustard
1 tsp. salt
2 cans yellow lima beans (butter beans)
1 can green lima beans
1 can B&M baked beans
1 can kidney beans

Fry bacon and onions. Mix brown sugar, garlic powder, vinegar, mustard and salt together and heat. Mix beans together. Mix all ingredients together well and bake for 1 hour at 350°.

Susan Spencer
Ephrata Detachment

WALLA WALLA ONION PIE

Caraway Pastry:

1 1/3 c. flour
1/2 tsp. salt
1/2 c. shortening
1 Tbsp. caraway seed
3 to 4 Tbsp. cold water

Filling:

2 large Walla Walla onions, sliced (4 c.)
2 1/2 Tbsp. flour
1 1/2 tsp. salt
1/4 tsp. paprika
1//2 c. grated Parmesan cheese
3 eggs, slightly beaten
1 1/2 c. milk
4 slices bacon, crumbled

Measure flour and salt in a bowl. Cut in shortening thoroughly. Add caraway seed. Sprinkle with water, 1 tablespoon at a time, mixing until all flour is moistened. Gather dough into ball and shape into a round on slightly floured board, 2-inches wider than the edge of a 10-inch pie pan. Fit pastry into pan. Flute edges. Bake crust 10 minutes in a 400° oven.

Cook onions, covered, over low heat until tender-crisp. Drain well. Add to pie shell. Add remaining ingredients,

except bacon. Bake in a 400° oven for 35 to 40 minutes. Garnish with bacon.

Rosie Veleke, Wife of
Major Arthur "Dud" Veleke,
Retired

ZUCCHINI AU GRATIN

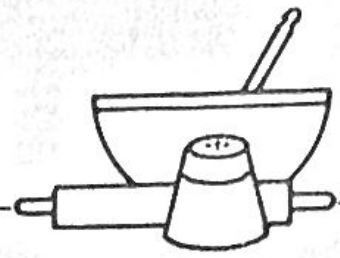
8 medium zucchini, ends trimmed
1/4 c. minced onion
2 1/2 Tbsp. flour
1/4 c. butter
1/8 tsp. nutmeg
1 c. shredded Swiss cheese
pinch each of cayenne and white pepper
1 1/2 c. milk
2 Tbsp. grated Parmesan cheese
1 tsp. salt

Place zucchini in boiling, salted water to cover in large saucepan. Cook, covered, until crisp-tender; drain. Cover with cold water; drain. Slice crosswise in 1/4-inch slices. Saute onion in butter in large saucepan over medium heat until soft. Stir in flour, salt, nutmeg and peppers. Cook, stirring constantly, until bubbly. Add milk gradually until thickened. Remove from heat; stir in Parmesan cheese. Lightly fold into zucchini. Spread mixture in buttered shallow baking dish. Sprinkle with Swiss cheese. Bake at 375° for 30 to 35 minutes.

Kathie Tobin
Communications, D6

BREADS
ROLLS
PASTRIES

Baking Tips



COMMON PROBLEMS (Common Failures)	CAUSES OF PROBLEMS (Causes of Failures)
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in too slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Over-mixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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BATTER ROLLS

2 c. flour
1 pkg. active dry yeast
1 1/4 c. milk
1/2 c. shortening
1/4 c. sugar
1 tsp. salt
1 egg
1 1/4 c. flour

In large mixing bowl, combine the 2 cups flour and the dry yeast. In saucepan, beat the milk, shortening, sugar and salt just until warm (115° to 120°) and shortening is melted. Stir constantly. Add the egg to the flour mixture. Beat at low speed with electric mixer for 1/2 minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Add the remaining 1 1/4 cups flour and beat at low speed about 2 minutes until batter is smooth. Cover. Let rise in warm place until double (about 1 hour). Beat down with wooden spoon. Let rest 5 minutes. Spoon into greased muffin cups, filling each half full. Cover. Let rise until double (about 30 minutes). Brush tops lightly with milk. Sprinkle with 1 tablespoon poppy seed or sesame seed, if desired. Bake in 375° oven for 15 to 18 minutes. Makes 18.

Pat Marshall
Traffic Investigation

DOUBLE QUICK DINNER ROLLS

1 pkg. dry yeast
1 c. warm water
2 Tbsp. sugar
2 1/4 c. flour
1 tsp. salt
1 egg
2 Tbsp. soft shortening

Dissolve yeast in water. Measure flour by dip level pour. Stir sugar, half of flour and salt into yeast. Beat with a spoon until smooth. Add egg and shortening. Beat in rest of flour until smooth. Scrape down sides of bowl and cover with cloth. Let rise in warm place (85°) until double, about 30 minutes. If kitchen is cool, place dough on a rack over a bowl of hot water; cover with a towel. Grease 12 large muffin cups. Stir down raised dough. Spoon into muffin cups,

filling 1/2 full. Again let rise 20 to 30 minutes. Heat oven to 400°. Bake 15 to 20 minutes.

Denise Poe, Records Section

BEER BREAD

8 oz. warm beer (unopened)
2 Tbsp. sugar
3 c. self-rising flour

Mix the ingredients; let rise 20 minutes. Pour into greased loaf pan and bake in moderate 350° oven for 35 minutes. Makes 1 loaf.

The Morehead Brothers
of Canoe Creek

BLUEBERRY-CRUNCH MUFFINS

1 1/2 c. flour
1/2 c. milk
1/4 c. shortening
2 tsp. baking powder
1/2 tsp. salt
3/4 c. sugar
1 c. fresh or frozen berries
1 egg

Crunch Topping:

1/2 c. flour
1/4 c. brown sugar
3 Tbsp. soft butter

Mix all ingredients except topping and berries. Fold in berries and fill paper muffin cups 3/4 full. Combine topping ingredients until crumbly. Sprinkle on muffins. Bake at 350° for 20 to 25 minutes.

Kay Hoob
Communications, D8

BRAN BUD MUFFINS

2 c. Bran Buds
1 c. boiling water, poured over Bran Buds
1/2 c. shortening
1 1/2 c. sugar (brown and white)
2 beaten eggs
2 c. buttermilk
2 1/2 c. flour
1/2 tsp. salt
2 1/2 tsp. soda

Add remaining ingredients to Bran Buds and water. Stir together; do not beat. Let set 24 hours in refrigerator. Dip

out and put in muffin tins (greased). DON'T STIR. Bake at 400° for 20 to 25 minutes. This batter keeps in the refrigerator 1 month without spoiling.

Marsha Ginter, wife of
Trooper Don Ginter, Academy

BRAN MUFFINS

1 c. whole wheat flour
1 c. all-bran cereal
1 tsp. baking soda
2 Tbsp. vegetable oil
raisins (optional)
1/2 c. unprocessed bran
1/3 c. honey or molasses
1 egg
3/4 c. skim milk

Mix all ingredients together. Bake at 350° for 15 to 20 minutes. Makes 12 muffins, 50 calories each.

Susan Spencer
Ephrata Detachment

DIET BUSTER INDIAN FRY BREAD

3 c. all-purpose flour
2 Tbsp. baking powder
1 Tbsp. sugar
1/2 tsp. salt
2 tsp. margarine
2 c. cold water (approximately)
oil for deep frying

Mix flour, baking powder, sugar and salt thoroughly. Cut in margarine, then add water to make thick dough. On lightly floured board, knead until well mixed and smooth. Break off handfuls and shape like donuts with no hole in center. Fry in deep oil until golden brown. Serve hot with butter, jam or hot maple syrup.

Bonnie Jackson
Communications, D1

FRUIT BREAD

1/2 c. butter
2 mashed bananas
1 tsp. vanilla
1 tsp. baking soda
1/3 c. chopped maraschino cherries
1 c. sugar
2 eggs
2 c. flour
1/2 c. chocolate chips
1/4 c. chopped nuts

Cream together butter and sugar. Blend in bananas, eggs and vanilla. Sift together flour and soda. Blend into creamed mixture. Mix in chips, cherries and nuts. Fill well greased

loaf pans. Bake at 350° for 40 minutes. Cool; wrap in foil. Refrigerate.

Kathy A. Ziesemer
Communications, D7

COUNTRY BISCUITS

4 tsp. baking powder
2 Tbsp. shortening
1 tsp. salt
1 c. flour

Sift ingredients into a bowl and mix well. Then add 1 cup milk and enough (more) flour to make a stiff batter. Pat out on a floured board and cut. Bake in a 400° oven for approximately 10 minutes or until done.

P. S. This is a very old country recipe that is always a family favorite, especially with blackberry jelly.

Faith Missildine, Chief's Office

OLD-FASHIONED RAISED DOUGHNUTS/BUTTERHORNS

(Granny's)

2 c. milk
2 pkg. yeast
2 eggs
2 tsp. salt
1/2 c. sugar
2 Tbsp. shortening
1 tsp. lemon flavoring
1 tsp. nutmeg
flour

Topping (Butterhorns):

powdered sugar
lemon flavor
walnut bits

Scald and cool milk. Dissolve yeast in small 1/4 cup of warm water. Beat eggs well. Place all ingredients in bowl and mix. Add enough flour to mixture to make it stiff but light. Let rise for 1 to 1 1/2 hours. Mix down; let rise again. Then pat thin for butterhorns or roll out and cut for doughnuts.

Butterhorns: Spread with butter, sugar and cinnamon; roll it up like jellyroll and cut into 3/4-inch thick slices. Put cut side down and "milk them with your knuckles". Pat out using small amount of warm milk. Let rise 1 to 1 1/2 hours. Bake at 400° for approximately 15 minutes. After baking, add topping.

Topping: Make thin paste of topping ingredients. Mix ingredients to taste.

Doughnuts: Omit patting out. Cut out with doughnut cutter. Heat fat or oil (3 to 4-inches) to 375° and drop doughnuts into hot fat. Fry until just brown. Do not poke fork into doughnuts while removing from fat. Put in paper bag with sugar and shake. Remove and allow to cool slightly.

Sergeant Bill Ford
Fiscal Office

LAKEFAIR SCONES

4 c. flour
9 Tbsp. baking powder
1 tsp. cream of tartar
8 Tbsp. sugar
1 c. butter or margarine
1 1/3 c. milk
2 eggs

Mix dry ingredients. Cut in butter with pastry cutter until consistency of cornmeal. Add eggs and milk. Stir to stiffen dough. Place on floured board enough flour to allow cutting easily. Roll out dough to 1/2-inch thick. Cut in desired shape. Bake in 425° oven for 10 to 18 minutes.

Note: Beat one egg and paint on top of scones with pastry brush before baking, for pretty golden brown.

Strawberry Jam:

6 c. strawberries
5 c. sugar

Mash berries to make 6 cups. Dip off from mashed berries and mix with sugar. Cook sugar and juice for 5 minutes. Add berries to the syrup and mix well. Cook until thick. Pour into sterilized jars and seal while hot.

Note: Add 1/2 teaspoon butter to berries before bringing to boil. This helps cut down the scum or foam that you would otherwise have. It saves more than half your time in skimming the jam.

Pamela Maltby
Communications, Olympia

PUMPKIN BREAD

3 c. sugar (1/2 white, 1/2 brown)
1 c. salad oil
4 eggs
3 1/2 c. flour
1 1/2 tsp. salt
2 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
2 c. pumpkin
1 c. walnuts, chopped

Dissolve sugar in liquid before adding dry ingredients. Mix well and pour into greased pans. Bake for 1 hour at 350°. Makes two 9 x 5-inch loaves.

Darla J. Schierberg
Identification Section

PUMPKIN BREAD

3 eggs, beaten until light and foamy
2 c. sugar
2 c. (15 1/2 oz. can) pumpkin
1 c. vegetable oil
1 Tbsp. vanilla
1 tsp. baking soda
1 tsp. salt
1/4 tsp. baking powder
1 Tbsp. cinnamon
3 c. flour
1 c. chopped walnuts
1/2 to 3/4 c. raisins

Mix eggs, sugar, pumpkin, vegetable oil and vanilla together. Add dry ingredients until blended. Fold in walnuts and raisins. Divide batter into 2 loaf pans (9 x 5 x 2-inches). Bake at 325° for 1 hour or until bread tests done with toothpick. Cool 10 to 15 minutes in pan; turn out onto a cooling rack.

Delicious while warm with butter spread on a slice!

Barbara Cermak
State Patrol Academy

SOUR CREAM BLUEBERRY MUFFINS

1/4 c. butter (at room temperature)
3/4 c. sugar
2 eggs
1 1/4 c. plus 2 Tbsp. sifted flour
1/2 tsp. baking soda
1/4 tsp. salt
3/4 c. sour cream
1 c. blueberries
1/2 tsp. vanilla

Preheat oven to 450° and line muffin tin with paper or foil liners. In a medium bowl, cream butter and sugar. Add eggs, one at a time, beating well. Sift flour, soda and salt together and add to butter mixture, alternating with sour

cream. Gently fold in berries and vanilla. Bake 12 to 15 minutes or until golden brown. Yields 12 muffins.

Kathy Johnson, Wife of
retired Trooper Warren Johnson

STICKY BUNS

1 pkg. frozen roll dough
1 small pkg. butterscotch pudding and pie filling
1 c. brown sugar
1/2 c. melted butter
1 c. chopped nuts
1 c. sugar/cinnamon mixture

Nine hours prior to baking (the night before), layer rolls with brown sugar/butterscotch mixture in angel food cake pan. Top with melted butter, nuts and cinnamon/sugar mixture. Let rise overnight and bake in the morning at 350° for 30 minutes.

This can also be baked in a 9 x 13-inch pan - single layer.

Vicky Bowdish
Support Services

STRAWBERRY BREAD

1 (10 oz.) pkg. frozen strawberries, thawed (may substitute 2 1/2 c. fresh sliced strawberries)
4 eggs
3 c. flour
3 tsp. cinnamon
1 tsp. salt
1/2 c. salad oil
2 c. sugar
1 tsp. baking soda
1 c. chopped nuts

Preheat oven to 350°. Grease and flour two 9 x 5-inch loaf pans; set aside. In medium bowl, stir thawed strawberries, eggs and oil. In large bowl, combine flour, sugar, cinnamon, soda, salt and nuts. Add strawberry mixture to dry ingredients and stir just until blended. Pour into pans. Bake 1 hour or until toothpick inserted in center comes out clean.

Susan Spencer
Ephrata Detachment

STRAWBERRY NUT BREAD

1 c. butter
1 1/2 c. sugar
1 tsp. vanilla
1/4 tsp. lemon extract
4 eggs
3 c. sifted flour
1 tsp. salt
1 tsp. cream of tartar
1/2 tsp. baking soda
1 c. strawberry jam
1/2 c. sour cream
1 c. broken walnuts

Cream butter, sugar, vanilla and lemon extract until fluffy. Add eggs, one at a time, beating well after each addition. Sift flour, salt, cream of tartar and soda. Combine jam and sour cream in separate bowl. Add jam mixture alternately with dry ingredients to creamed mixture, beating until well combined. Stir in nuts. Divide among five greased and floured 4 1/2 x 2 3/4 x 2 1/4-inch loaf pans. (I use Pam spray and the small tin foil pans.) Bake in 350° oven for 50 to 55 minutes. Cool 10 minutes in pans; remove and cool completely on wire racks.

Cherry Bowen
Traffic Investigation

VEGETABLE ROLLS

1/4 c. shortening
1/2 c. boiling water
1 pkg. yeast
3 1/2 c. flour
1 Tbsp. sugar
1/2 c. V-8 juice
1/4 c. water (lukewarm)
1 tsp. grated onion
1 tsp. grated celery
1 tsp. grated carrot
1 tsp. salt
1/2 tsp. garlic salt

Mix shortening, salt, sugar and boiling water. Dissolve yeast in 1/4 cup lukewarm water. Add rest, except flour. Then mix in flour. Knead; let rise. Punch down; let rise again. Put in pans as biscuits; let rise. Bake at 400° for 12 to 15 minutes.

Kathy A. Ziesemer
Communications, D7

YEAST DOUGH ORANGE ROLLS

1 1/4 c. milk
1/2 c. margarine
1/3 c. sugar
1 tsp. salt
1 pkg. dry yeast
2 well beaten eggs
1/4 c. fresh orange juice
2 Tbsp. orange rind
5 c. flour

Filling:

1/2 c. sugar
1/4 c. margarine
peel of 1 orange
(approximately 1 1/2 Tbsp.)

Filling: Melt together sugar and margarine; add orange peel.

Put 1 cup milk and margarine in pan and bring to slow boil. Add sugar and salt. Cool to lukewarm. Mix eggs, orange

juice and peel together and add to egg mix. Mix yeast with 1/4 cup of reserved warm milk and mix until soft. Add to orange juice mixture. Add flour and mix well to soft dough stage. Let stand, covered, 10 minutes. Knead and add flour as needed to soft (slightly sticky) dough stage. Put in greased bowl, covered, until double in bulk (about 1 hour). Roll dough as for cinnamon rolls. Spread filling on dough and roll, sealing edges. Cut to 1 1/2-inch slices and place cut side down on well-oiled pan. Let rise again until double in bulk. Bake at 350° for 15 to 20 minutes. Remove immediately, turning upside down on waxed paper. When cool, return to pan and frost with vanilla flavored white frosting. Sprinkle nuts on top.

Pat Daviduke, Wife of
Major Mike Daviduke, FOB

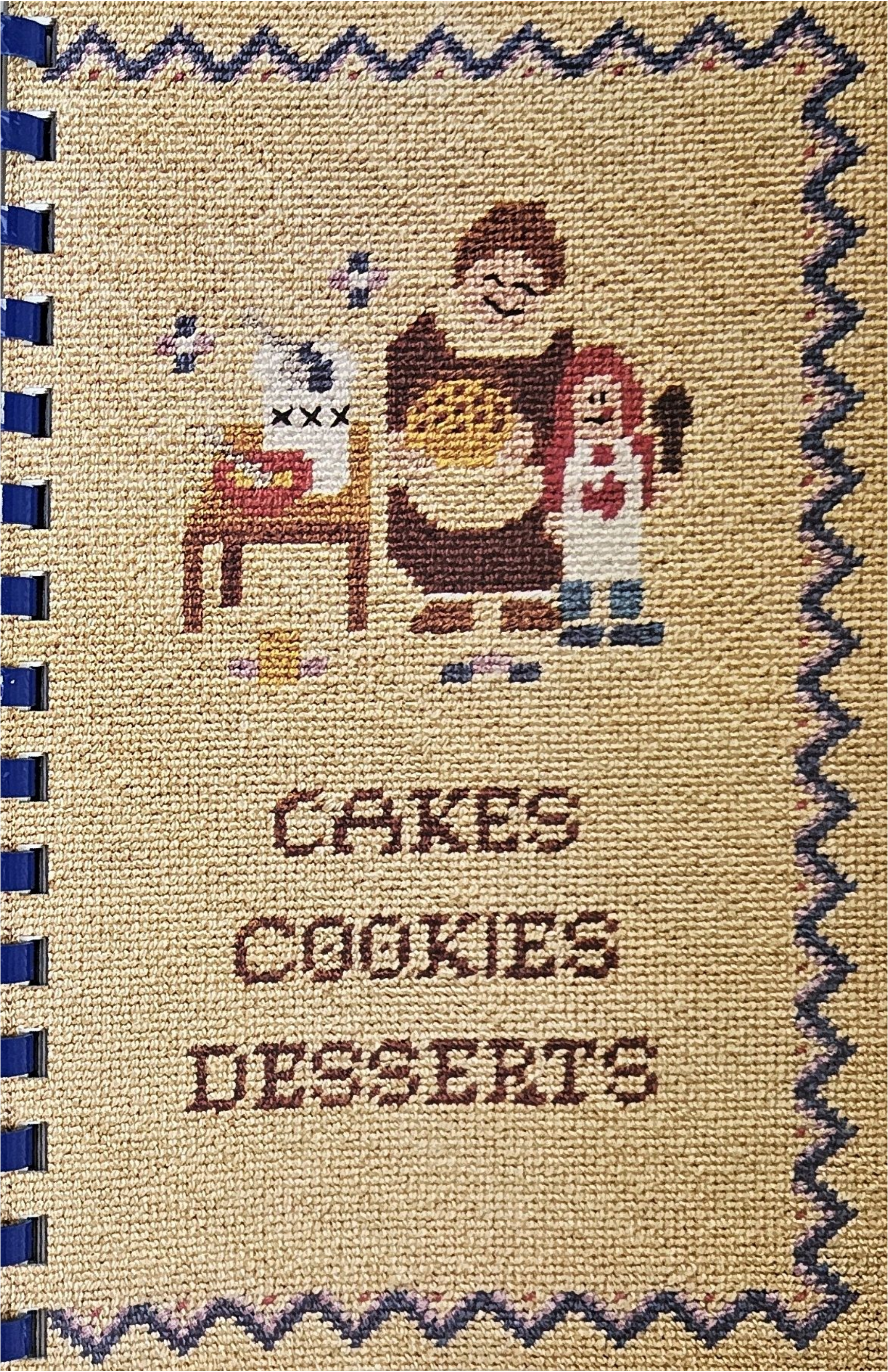
ZUCCHINI BREAD

3 eggs
1 c. salad oil
1 1/2 c. sugar
2 tsp. vanilla
2 c. grated zucchini
8 oz. can crushed pineapple, well drained
3 c. sifted flour
2 tsp. baking soda
1 tsp. salt
1/2 tsp. cinnamon
3/4 tsp. nutmeg
1 c. chopped nuts
1 c. raisins

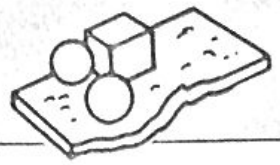
Beat eggs, salad oil, sugar and vanilla in mixer or blender until foamy. Stir in zucchini and pineapple. Add remaining ingredients. Bake in greased and floured 9 x 5-inch loaf pan at 350° for 1 hour. Makes 2 loaves.

Carol Alexander
Communications, D2

<<< Extra Recipes >>>


CAKES
COOKIES
DESSERTS

Candy Testing



Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248	Firm ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
Taffy	250-266	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk
½ c. evaporated milk and ½ c. water
½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk
1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1¾ t. cream of tartar

1 c. sweet milk
1 c. sour milk or buttermilk plus ½ t. baking soda

1 c. sour, heavy cream (for sour milk recipe)
⅓ c. butter and ⅔ c. milk

1 c. sour, thin cream (for sour milk recipe)
3 T. butter and ¾ c. milk

1 c. butter or margarine (for shortening)
4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c. • 7/8 c. cottonseed, corn, nut oil (solid or liquid) • 7/8 c. lard and salt • ½ c. suet and salt (increase liquid in recipe ¼ c.)

1 1-oz. square unsweetened chocolate
3 T. cocoa plus ½ T. shortening

1 T. cornstarch (for thickening)
2 T. flour (approx.)

1 T. flour (for thickening)
½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour
1 c. minus 2 T. sifted all-purpose flour

1 c. sifted all-purpose flour
1 c. plus 2 T. sifted cake flour

1 whole egg
2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.

1 c. molasses • 1 c. honey

1 c. honey
¾ c. sugar plus ¼ c. liquid

1 c. granulated sugar
1⅓ c. brown sugar or 1 ½ c. powdered sugar

1 t. baking powder
¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal • 3 cups

1 lb. cornstarch • 3 cups

1 lemon rind • 1 Tbsp. grated

3-4 med. oranges • 1 cup

1 orange rind • 2 Tbsp. grated

23 soda crackers • 1 cup crumbs

15 graham crackers • 1 cup crumbs

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ALMOND ROCA CANDY

1 c. nuts (almonds)
1 c. brown sugar
1/2 lb. (2 cubes) butter
3 Hershey chocolate bars or 6 oz. chocolate chips

Put chopped nuts into bottom of 8 x 12-inch pan, buttered. Put brown sugar and butter into black cast-iron skillet; bring to slow boil and stir constantly for approximately 8 minutes or until crack stage and is brittle when tested in water. Pour over nuts and spread Hershey bars (3 small) or 6 ounces chocolate chips until melted, smooth. Use wooden spoon to stir candy while cooking. Cool; cut.

Leona Cramer
Traffic Investigation

ALMOND ROCA COOKIES

1 c. butter
1 c. brown sugar, packed
1 egg yolk
2 c. flour
1/4 tsp. salt
1 tsp. vanilla
4 Hershey bars
1/2 c. nuts

Mix and put in pan, 9 x 13-inches, all ingredients except Hershey bars and nuts. Bake 20 to 25 minutes at 350° until nicely browned. Remove from oven and top with Hershey bars (or chocolate chips). Sprinkle with nuts.

Sharon Killian, Wife of
Sergeant Bud Killian

APPLE DUMPLING

1/2 c. shortening
1 c. sugar
1 egg
1 c. flour
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. salt

Cream shortening, sugar and egg. Add flour, soda, cinnamon and salt. Add to the batter 2 cups of chopped apples. Bake in a greased and floured 9 x 9 x 2-inch baking dish at 350° for 30 minutes or until done. Serve warm with whipping cream.

Geri Burt, Wife of
Trooper Mike Burt, Academy

APPLE NUT CAKE

1 egg, well beaten
2 c. chopped, peeled apples
1/4 c. salad oil
1 c. sugar
1 tsp. vanilla
1 c. chopped walnuts
1 c. flour
1 tsp. soda
1/2 tsp. salt
1/2 tsp. cinnamon

Combine egg, apples, salad oil, sugar, vanilla and walnuts. Sift flour; measure and sift again with soda, cinnamon and salt. Add to apple mixture and stir until blended. Spoon into greased 8-inch square pan. Bake at 350° for 40 minutes or until done. Serve warm or cooled, plain or with whipped cream.

Mary Coleman, Fiscal Office

BJ'S HOMEMADE PUDDING MIX

4 c. instant dry milk
1 1/2 c. sugar
1 1/4 c. cornstarch
1/2 tsp. salt
3 c. water
1 tsp. butter
3/4 tsp. vanilla*
4 drops yellow coloring

*Can use lemon, rum, banana, etc.

Optional: For chocolate pudding, add 3 tablespoons dry cocoa.

Mix dry ingredients well and store in airtight container in cool cupboard or refrigerator.

For Pudding: Blend 3 cups water with 1 1/2 cups of dry mix. Blend over medium heat in saucepan; stir until mixture thickens. Cook until mixture begins to bubble; remove from heat. Add butter (increase to 2 teaspoons if chocolate). Add vanilla (or other flavoring) and yellow food coloring. Let stand 10 to 20 minutes. Serve.

Note: This pudding cooks up twice as fast as packaged mixes. Cooked portion serves 4. Dry mix will make 4 cooked portions.

Bonnie Jackson
Communications, D1

BABY RUTH COOKIES

6 c. Special K
1 c. peanut butter
1 c. white Karo syrup
1 c. sugar
1 pkg. chocolate chips
1 pkg. butterscotch chips

Mix Special K and peanut butter together in large bowl. Boil Karo and sugar together and add to mixture in bowl; stir well. Press into greased 13 x 9 x 2-inch pan. Melt chocolate and butterscotch chips together over hot water. Pour over mixture in pan. Cut into squares.

Paulette Speed
Secretary, FOB

BANANA MALLOW PIE

2 c. shredded coconut
1/3 c. margarine, melted
1 (3 1/4 oz.) pkg. vanilla pudding
1/2 c. whipping cream
1 1/2 c. miniature marshmallows
2 bananas

Combine coconut and margarine in skillet. Cook over low heat, stirring often, until coconut is golden and toasted. Press into 9-inch pie plate to form crust. Chill.

Prepare pudding as directed for pie, except use only 1 3/4 cups milk. Cover with waxed paper. Chill. Fold in whipped cream and marshmallows. Slice bananas into crust. Pour filling over bananas. Chill several hours. Can also use regular pie crust.

Gloria Hughes, Wife of the
late Cpt. James S. Hughes

BANANA AND PEANUT BUTTER DOUBLE DECKER BARS

2 ripe bananas
1/2 c. butter
1 c. sugar
1 c. brown sugar
2 eggs
3 Tbsp. peanut butter
1 tsp. vanilla
2 c. flour
2 tsp. baking powder
1/4 tsp. salt

Frosting:

2 Tbsp. milk
2 1/2 c. powdered sugar
1 banana
1/4 c. peanut butter

Cream together butter and sugars. Add 1 banana, eggs, peanut butter and vanilla. Combine dry ingredients; gradually add to sugar mixture. In a 9 x 13-inch pan, spread 1/2 of the mixture. Chop up banana and sprinkle over, then spread other

1/2 of remaining batter over bananas. Bake at 350° for 30 to 35 minutes. Cool, then frost. Best served cold. Keep refrigerated.

Tracy Kendall
Communications, D8

BANANA SPLIT CAKE

Crust:

2 c. graham crackers, crushed
1 1/2 sticks (3/4 c.) melted margarine

Mix together and pat into bottom of 9 x 13-inch pan.

Filling:

2 beaten eggs
2 c. powdered sugar
1 (15 1/2 oz.) can drained crushed pineapple
5 sliced bananas

Beat together eggs and powdered sugar for 15 minutes. Add pineapple. Top with bananas.

Topping:

2 pkg. Dream Whip

Mix according to directions. Sprinkle with chopped nuts and refrigerate overnight.

Marie Wolslegal
Traffic Investigation

BARK CANDY COOKIES

1 (1 1/2 lb.) pkg. white almond bark
2 c. miniature marshmallows
3 c. Rice Krispies
1 c. chunky peanut butter
2 c. salted peanuts

Preheat oven to 300°. Shut off and put bark in oven for 20 minutes in large cake pan to melt. (Bark will not change shape.) Mix all ingredients in melted bark and drop by teaspoon onto wax paper. Let sit to cool and harden. Cookies may be refrigerated for storage.

Jan Gates, Wife of
Trooper Frank Gates, D6

BEAR GREASE CAKE

1 1/2 c. boiling water
1 c. oatmeal
1 c. butter
1 1/2 c. sugar
2 eggs
1 tsp. vanilla
2 1/2 c. flour
1 tsp. baking soda
1/2 tsp. salt
1 1/2 c. raisins

Frosting:

1/3 can condensed milk
1/4 c. butter
1 c. brown sugar
1 1/2 c. coconut

Combine boiling water and oatmeal and set aside. Mix butter, sugar, eggs and vanilla together. Add flour, soda, salt, raisins, water and oatmeal; mix all together. Bake 30 minutes at 350°.

Frosting: Mix together. Spread on cake and brown in broiler.

Lera Hanson, from the
Morehead family

BEST EVER BROWNIES

2 1/2 c. sugar, divided
1 stick plus 6 Tbsp. margarine
4 eggs
6 Tbsp. milk
16 oz. can Hershey's syrup
1 c. flour
2/3 c. real chocolate chips
nuts (optional)

Cream 1 cup sugar and 1 stick margarine. Fold in 1 egg at a time and beat mixture after each egg. Add Hershey's syrup. Add flour. Mix together well and pour into greased pan, (bigger pan than 9 x 13-inches). Bake at 350° for 30 minutes.

Frosting:

1 1/2 c. sugar
6 Tbsp. margarine
6 Tbsp. milk
2/3 c. chocolate chips

Boil sugar, margarine and milk for 1 minute and 15 seconds. Take off heat and add chocolate chips. Beat until thick and pour over brownies. Nuts may be added to frosting.

Maggie Overdahl, Wife of
Trooper Peter S. Overdahl, D3

BEST EVER PIE CRUST

1 1/2 c. flour
1/2 tsp. salt
1 1/2 Tbsp. sugar
1/2 c. oil
1 Tbsp. milk

Sift flour, salt and sugar. Stir together oil and milk. Mix ingredients together in pie pan. Press out with fingers. Use unbaked or bake at 400° for 10 minutes.

Susan Spencer
Ephrata Detachment

BETTER THAN SEX CAKE

1 white cake mix
1 medium size can crushed pineapple
1 c. sugar
1 pkg. instant vanilla pudding
1 (8 oz.) cream cheese
1 c. milk
3 bananas
1 (8 oz.) Cool Whip
1 small jar maraschino cherries, chopped
chopped nuts
coconut (optional)

Day before, mix and bake 1 white cake mix according to directions using a 9 x 13-inch pan. Cook pineapple (juice included) and sugar. Boil 5 minutes. Poke holes in warm cake. Pour pineapple over cake. Cool. Mix pudding, cream cheese and milk; spread over cake. Cover and place in refrigerator overnight. Before serving, slice 3 bananas over top of cake. Cover with Cool Whip. Top with chopped cherries and chopped nuts. Sprinkle coconut over top (optional).

Alberta Heagle, wife of
Sergeant Carl Heagle, retired

BLACK BOTTOM CUPCAKES

8 oz. cream cheese
1 egg
1/3 c. sugar
1/8 tsp. salt
1 c. chocolate chips
1 1/2 c. flour
1 tsp. soda
1/2 tsp. salt
2 sq. melted chocolate
1 c. water
1/3 c. oil
1 Tbsp. vinegar
1 tsp. vanilla
1 c. sugar

Combine cream cheese, egg, 1/3 cup sugar, 1/8 teaspoon salt and chocolate chips and set aside. Sift flour, soda and salt. Add chocolate, water, oil, vinegar, vanilla and sugar to sifted mixture. Beat until combined. Fill muffin cups half

full. Sprinkle with nuts if desired. Bake for 35 minutes at 350°. Serves 18.

Mary Coleman, Fiscal Office

BLOND BROWNIES

1/4 c. butter
1 c. brown sugar, packed
1 egg
3/4 c. flour
1 tsp. baking powder
1/2 tsp. vanilla
1/2 c. chopped walnuts
1/2 c. chocolate chips
1/2 tsp. salt

Melt butter over low heat; remove and stir in brown sugar until blended. Cool and add egg. Sift dry ingredients and stir in. Then add nuts, chocolate chips and vanilla. Bake in square 8-inch well greased pan for 25 minutes only at 350°. Let cool and cut into 1 1/2-inch squares. (Double batch fills a 9 x 13-inch pan.)

The dough is stiff like cookie dough, you have to pat it in pan.

Alice Zukowski
Accident Records

BLUEBERRY PIZZA

1/4 c. powdered sugar
1/2 c. butter (not margarine)
1 c. flour
8 oz. cream cheese
1 1/2 tsp. vanilla
1/2 c. sugar
1 c. mashed blueberries
4 tsp. sugar
2 Tbsp. cornstarch
1 Tbsp. lemon juice
1/4 c. water
whipped cream (optional)

Mix and spread in greased pizza pan the powdered sugar, butter and flour (mixture will be crumbly). Bake 12 minutes at 350°. Cool.

Combine cream cheese, vanilla and sugar and beat until fluffy. Spread on cooled crust. Mix blueberries, sugar, cornstarch, lemon juice and water in saucepan. Cook slowly until mixture is clear. Cool. Pour cooled mixture over cream cheese mixture. Top with whipped cream if desired. Keep refrigerated.

Suzee Smith
Chief's Office

BLUEBERRY SHORTCAKE

2 c. flour
3 tsp. baking powder
1 tsp. salt
3 Tbsp. sugar
1/2 c. shortening
2/3 c. milk
2 Tbsp. butter
4 c. blueberries (fresh)
1 c. whipped cream

Sift together flour, baking powder, salt and sugar. Cut in shortening. Blend in milk with a fork. Roll into a large circle 1/2-inch thick. Place in a cake pan (greased) and bake at 425° for 20 minutes. Split in half and spread with butter. Place berries and whipped cream between the layers and on top of the shortcake. Yield: 6 to 8 servings.

Suzee Smith
Chief's Office

CARAMEL CORN

6 qt. popped popcorn
1 c. butter
2 c. brown sugar
1/2 c. Karo (white)
1 tsp. salt
1/2 Tbsp. molasses
1 tsp. vanilla
1/2 tsp. soda

Boil together butter, brown sugar, Karo, salt and molasses for 5 minutes, then add 1 teaspoon vanilla and 1/2 teaspoon soda. Stir and pour over popped popcorn; stir together well. Bake at 250° for 1 hour, turning every 15 minutes. Let cool slightly and break up with fingers.

Add nuts, if desired.

Peggy Dunham
Records Section

BROWNIES

4 eggs
1 cube margarine
1 c. sugar
16 oz. Hershey's syrup
1 c. flour
2/3 c. walnuts, chopped

Frosting:

1 1/2 c. sugar
6 Tbsp. canned milk
6 Tbsp. margarine
1/2 c. chocolate chips

Brownies: Cream sugar, eggs and margarine. Add flour, syrup and nuts. Pour into greased pan (9 x 13-inches). Bake at 350° for 25 to 30 minutes.

Frosting: On low heat, stirring constantly, bring

sugar, milk and margarine to boil; boil 30 seconds. Remove from heat and add chocolate chips. Can top with more chopped nuts.

Academy Kitchen

BROWNIES (BROWN THINGS)

2 cubes margarine
4 Tbsp. cocoa
1 c. water
2 c. flour
2 c. sugar
1 tsp. soda
1/4 tsp. salt
2 eggs
1/2 c. buttermilk
1 tsp. vanilla

Bring margarine, cocoa and water to a boil. Sift dry ingredients in bowl and pour hot mixture over. Mix lightly. Add eggs and beat. Add buttermilk and vanilla; mix well. Bake in 11 x 15-inch greased and floured jellyroll pan at 350° for 25 to 30 minutes.

Icing:

1/2 cube margarine
3 Tbsp. buttermilk
2 Tbsp. cocoa
powdered sugar (approximately 2 c.)
1 tsp. vanilla
1/2 c. nuts

Bring margarine, buttermilk and cocoa to a boil. Remove from heat; add powdered sugar, vanilla and nuts. Pour over cake while both are hot.

Mrs. Ray Kladnik, Wife of
retired CVEO III, D3

CARAMEL CORN

2 c. brown sugar
2 cubes margarine (1 c.)
1/2 c. white Karo
1/2 tsp. salt
6 qt. popped corn

Boil the brown sugar, margarine, Karo and salt exactly 5 minutes, stirring constantly. Remove from heat and stir in soda; it will foam. Pour over popped corn and mix well. Bake in a 250° oven for 1 hour, stirring every 15 minutes. Dump out of container immediately to cool (or it will stick in pan). Store in airtight container. (This takes a large container that can be placed in an oven.)

For variety, add nuts and coconut.

Sharon Parker, Wife of
Trooper Kerry Parker

CAROLYN'S OATMEAL COOKIES

1 c. butter or shortening
1 c. brown sugar
1 c. granulated sugar
2 eggs
1 tsp. vanilla
1 1/2 c. sifted flour
1 tsp. salt
2 tsp. baking soda
3 c. oatmeal
1 c. nuts
1 c. chocolate chips
1 c. butterscotch chips
1/2 c. coconut (optional)

Mix ingredients together in order: shortening, brown sugar, granulated sugar, eggs, vanilla, flour, salt, baking soda, oatmeal, nuts, chocolate chips, butterscotch chips and coconut. Bake at 350° for 10 to 12 minutes.

Carolyn J. B. Whitney, Wife of
Sgt. Len Whitney, D8

CARROT CAKE

2 c. sugar
1 1/2 c. vegetable oil
1 small can crushed pineapple (juice too)
3 eggs
2 c. grated carrots (raw)
1/2 c. coconut
3 c. flour
2 tsp. soda
2 tsp. vanilla
1 tsp. cinnamon
1/2 tsp. salt
1 c. walnuts
1 c. raisins (optional)

Mix together. Pour in 9 x 13-inch dish. Bake at 350° for 35 to 40 minutes.

Icing:

1 (8 oz.) pkg. cream cheese
1 (1 lb.) pkg. powdered sugar
1 stick margarine
2 tsp. vanilla
1/2 c. walnuts, chopped

Cake and icing freeze well for at least a month.

Trooper Dick Stewart, D7

CHERRY ANGEL DESSERT CAKE

1 c. sugar
2 Tbsp. cornstarch
1 1/2 c. water
1 (3 oz.) pkg. berry flavored gelatin
4 c. fresh sweet cherries, pitted and halved
1 prepared angel food cake

Custard Cheese Filling:

1 1/2 c. milk
1 (8 oz.) pkg. softened cream cheese
1 (4 oz.) instant vanilla pudding mix
1 tsp. grated lemon rind

Custard Cheese Filling: Beat milk into cream cheese. Beat in pudding mix and lemon rind.

Combine sugar and cornstarch in saucepan; stir in water. Cook and stir until it comes to boil; cool 1 minute. Stir in gelatin. Cool. Stir in cherries. Line 13 x 9-inch pan with angel food cake slices. Spread Custard Cheese Filling evenly over cake. Pour cherry mixture evenly over top of custard. Refrigerate 2 hours or until set. Makes about 18 servings.

Joann Small, Wife of
Captain Wayne Small, D8

CHERRY DESSERT PIZZA

1 pkg. white cake mix
1 1/4 c. quick oats
1/2 c. margarine or butter, soft
1 egg
1/2 c. chopped nuts
1/4 c. brown sugar, packed
1/2 tsp. cinnamon
21 oz. can cherry pie filling

Heat oven to 350°. Grease 12-inch pizza pan or a 9 x 13-inch pan. In a large bowl, combine cake mix, 1 cup oats and 6 tablespoons margarine or butter; mix until crumbly. Reserve 1 cup for topping. To remaining crumbs, blend in 1 egg. Press in pan and bake 12 minutes. Meanwhile, to reserved crumbs in small bowl, add remaining 1/4 cup oats, 2 tablespoons margarine, nuts, sugar and cinnamon. Beat until well mixed. Remove from oven and spread with pie filling. Sprinkle with crumb mixture. Return to oven and bake 15 to 20 minutes.

Jan Larson
Secretary, D8

CHERRY RUGGERTZ

1 large pkg. cherry jello
1 pkg. vanilla wafers
1/2 lb. margarine
2 c. powdered sugar
2 eggs
1 or 2 cans cherry pie filling

Prepare large package cherry jello; spread in 9 x 13-inch pan and let set up. Smash full package vanilla wafers, saving 1/2 cup. Spread crumbs over jello. Mix the margarine,

powdered sugar and eggs; beat until fluffy and spread over crumbs. Refrigerate until set. Spread with 1 or 2 cans cherry pie filling. Spread on large Cool Whip. Top with rest of vanilla wafers and sprinkle with sliced almonds.

Sue Offerdal, Wife of
Trooper Larry Offerdal, D8

CHOCO-BUTTERSCOTCH BARS

1 pkg. butter cake mix or yellow cake mix
1 pkg. instant butterscotch pudding mix (4 serving size, must be instant)
1/2 c. cooking oil
2 eggs
1 c. (6 oz.) pkg. semi-sweet chocolate chips
1 c. flaked coconut
1 c. chopped nuts

Glaze:

1 c. butterscotch pieces (6 oz. pkg.)
3 Tbsp. milk
2 Tbsp. butter or margarine

Lightly grease 13 x 9-inch baking pan. In large mixing bowl, combine dry cake mix, dry pudding mix, oil and eggs. By hand stir until well blended. Stir in chocolate pieces, coconut and 1/2 cup nuts. Press mixture into prepared pan. Bake in 350° oven for 25 to 35 minutes, until golden brown.

Prepare glaze in small saucepan over low heat, stirring until smooth. Drizzle over warm bars and sprinkle with reserved nuts.

Suzanne Sorensen
Communications, D8

CHOCO-CREAM CHEESE CUPCAKES

1 c. cream cheese (8 oz.)
1 unbeaten egg
1/3 c. sugar
1/8 tsp. salt
1 (6 oz.) pkg. (1 c.) chocolate chips
1 1/2 c. flour
1 c. sugar
1/4 c. cocoa
1 tsp. soda
1 tsp. salt
1 c. water
1/3 c. cooking oil
1 Tbsp. vinegar
1 tsp. vanilla

Combine cream cheese, egg, 1/3 cup sugar and 1/8 teaspoon salt in mixing bowl. Stir in chocolate chips; beat well. Set aside. Sift together flour, 1 cup sugar, cocoa, soda and 1 teaspoon salt in mixing bowl. Add water, cooking oil, vinegar and vanilla; beat until well combined. Fill paper-lined

muffin cups 1/3 full with chocolate batter. Top each with 1 heaping teaspoon cream cheese mixture. Sprinkle with sugar and chopped blanched almonds or any other kind of nuts (walnuts are good). Bake at 350° for 30 to 35 minutes. Makes 24.

Trooper Marc Kurth,
Research and Development
Leilani Derrick, Wife of
Trooper Dan Derrick, D4

CHOCOLATE ANGEL DESSERT

1 (6 oz.) pkg. chocolate chips
2 Tbsp. hot water
4 egg yolks
4 egg whites (beat until fluffy)
1 c. whipped cream or topping
2 Tbsp. powdered sugar
1 tsp. vanilla
1 angel food cake (day old)

Melt chocolate chips with water in double boiler or microwave. Beat in egg yolks, one at a time. Fold in whipped egg whites and 1 cup whipped cream or whipped topping with powdered sugar and vanilla. Break up angel food cake into 1-inch bite size pieces and place in 9 x 12-inch pan. Pour the chocolate mixture over the cake and refrigerate. Serves 12.

Fresh baked cake is too soft to handle.

Sharon Parker, Wife of
Trooper Kerry Parker

CHOCOLATE CAKE SUPREME

1 pkg. devil's food cake mix
1 can prepared chocolate frosting
1 pt. whipping cream
1/4 c. powdered sugar
1 tsp. vanilla
nuts (optional)

Bake cake as directed in two round layer pans, 8 or 9-inches. Cool. Split cake in four layers by using a piece of thread about 2 feet long and pull through each layer. Fill with whipped cream filling. Frost sides and top of cake with prepared chocolate frosting. Scatter broken nuts over top. Keep refrigerated.

Whipped Cream Filling: Whip cream until stiff and add sugar and vanilla.

Gladys Dale, Wife of
Lt. Bob Dale

CHOCOLATE-MINT ICE CREAM

2 eggs
3 c. whipping cream
1 c. milk
1/2 c. sugar
1/4 c. light corn syrup
1 tsp. vanilla
1/4 tsp. salt
1/3 c. green creme de menthe
2 sq. (2 oz.) semi-sweet chocolate, shaved
green food coloring

In mixer bowl, beat eggs on high speed until light, about 4 minutes. Add whipping cream, milk, sugar, light corn syrup, vanilla and salt. Stir until sugar is dissolved. Add creme de menthe. Add few drops green food coloring. Pour into 4 quart ice cream freezer container. Freeze according to manufacturer's directions. Remove dasher; stir in chocolate. Cover. Pack with additional salt and ice, using 1 part rock salt to 4 parts ice. Let ripen 3 hours. Makes 5 cups ice cream.

Laurie Armstrong, Wife of
Detective Byron "Buck" Armstrong

CHOCOLATE SNOWBALLS

2 c. flour
1/2 tsp. salt
3/4 c. butter
1/2 c. sugar
2 tsp. vanilla
1 egg
1 (6 oz.) pkg. chocolate chips
powdered sugar

Stir together flour and salt; set aside. Blend butter, sugar and vanilla. Beat in egg. Stir in flour mixture. Add chocolate chips. Shape into 1-inch balls and place on ungreased cookie sheet. Bake at 350° for 15 to 20 minutes. When slightly cool, roll in powdered sugar.

Deborah Kuttel
Identification Section

CHOCOLATE-TOPPED OATMEAL BARS

1 c. butter or margarine
1/2 c. brown sugar
1/2 c. granulated sugar
2 egg yolks
1 c. flour
1 c. rolled oats
6 oz. pkg. chocolate chips
1/2 c. chopped nuts

Mix margarine, sugars and egg yolks thoroughly. Add flour and oats. Spread in a greased pan, then bake for 20 to 25 minutes at 350°. Take out of oven and sprinkle chocolate

chips over top. When chips melt, spread and sprinkle with nuts. Makes 4 dozen.

Shirley DeRoche
Academy Kitchen

CHOCOLATE ZUCCHINI CAKE

2 1/2 c. all-purpose flour, unsifted
1/2 c. cocoa
2 1/2 tsp. baking powder
1 1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
3/4 c. soft butter or margarine
2 c. sugar
3 eggs
2 tsp. vanilla
2 tsp. grated orange peel
2 c. coarsely shredded zucchini
1/2 c. milk
1 c. chopped pecans or walnuts

Glaze:

2 c. powdered sugar
3 Tbsp. milk
1 tsp. vanilla

Combine flour, cocoa, baking powder, soda, salt and cinnamon; set aside. With rotary mixer, beat together butter and sugar until smoothly blended. Add eggs one at a time, beating well after each addition. With a spoon stir in vanilla, orange peel and zucchini. Alternately stir in the dry ingredients and milk into zucchini mixture, including the nuts with the last addition. Pour batter into greased and floured 10-inch tube pan or Bundt pan. Bake at 350° for about 1 hour or until wooden pick inserted in center comes out clean. Cool in pan 15 minutes; turn out on wire rack. When cool, drizzle glaze over cake. Cut in thin slices. Serves 10 to 12.

Glaze: Mix ingredients together until smooth.

Suzanne Sorensen
Communications, D8

CHOCOLATE ZUCCHINI CAKE WITH CHIPS

1/2 c. margarine
1/2 c. vegetable oil
1 3/4 c. sugar
2 eggs
1 Tbsp. vanilla
1/2 c. sour milk
2 1/2 c. flour
4 Tbsp. cocoa
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. cloves
2 c. grated zucchini

Cream together margarine, vegetable oil and sugar. Add and mix in eggs, vanilla and milk. Add and blend dry ingredients; stir in grated zucchini. Spread into 2 round 8-inch cake pans. Sprinkle 1/4 cup chocolate chips on each cake top. Bake at 325° for 40 to 45 minutes.

Shirley DeRoche
Academy Kitchen

CHRISTMAS TARTS

1 c. white sugar
1 c. brown sugar
2 eggs
1 Tbsp. butter or margarine
1 tsp. vanilla
1/3 c. milk

Mix together. Cut rounds of pie dough and press into muffin tin. Fill 1/2 full of mixture and coarsely chopped pecans or walnuts on top. Bake at 375° for 15 minutes or until filling bubbles.

Spray pan with Pam for easy removal.

Betty Kelley, Wife of
retired Lt. Col. Ron Kelley

COCONUT CREAM DESSERT

1/2 c. honey
1 Tbsp. gelatin
1/2 tsp. salt
1 1/4 c. milk
1 tsp. vanilla
1 1/3 c. flaked coconut
2 c. whipped cream

Mix honey, gelatin and salt with milk. Dissolve over low heat. Chill until nearly set. Add vanilla, coconut and whipped cream. Place in 1 1/2 quart mold.

Sauce:

1 pkg. (about 1 pt.) raspberries or strawberries
1 1/4 Tbsp. cornstarch

Thaw raspberries or strawberries. Add cornstarch. Boil, strain, or place in blender. Cool. Pour over mold.

Kathie Tobin
Communications, D6

COREY'S ZUCCHINI CANDY

10 c. peeled zucchini, cut in 1/2-inch squares
3 c. water
2 pkg. flavored drink mix (Kool-Aid)
2 1/2 c. sugar

Note: Can use sugar-free Kool-Aid and omit sugar or cut down.

Mix water, drink mix and sugar with zucchini. Bring to boil and simmer 25 minutes. Lay on racks to dry. Dry in fruit dryer dehydrator.

Mr. and Mrs. Corey,
Retired, Communications

COUNTRY RAISIN GINGERSNAPS

1 1/2 c. raisins
3/4 c. shortening
1 c. sugar
1 egg
1/4 c. molasses
2 tsp. soda
2 1/4 c. flour (sift if desired, but not necessary)
1 tsp. salt
1 tsp. ginger
1/2 tsp. cinnamon
1/4 tsp. cloves

Boil raisins; drain, set aside. Beat shortening and sugar until creamy. Add egg. Blend in molasses. Add flour, soda, salt and spices. Mix in raisins. Shape in balls (approximately 1-inch); roll in sugar. Place on greased baking sheet, 2-inches apart. Bake at 350° for 10 to 12 minutes until surface is cracked. Let cool on sheet for a couple of minutes before removing to rack to cool completely. Makes about 3 1/2 dozen.

Cherry Bowen
Traffic Investigation

CRAZY CAKE

1 1/2 c. flour
1 c. sugar
1 tsp. baking soda
1/2 tsp. salt
3 Tbsp. cocoa
1 Tbsp. vinegar
6 Tbsp. oil
1 tsp. vanilla
1 c. water

Sift dry ingredients into ungreased 8 or 9-inch cake pan. Make 3 wells. Put vinegar in one, oil in one and vanilla

in one. Pour water over all and mix well. Bake at 350° for 30 minutes.

Carol Alexander
Communications, D1

DUMP CAKE

1 (No. 2) can crushed pineapple
1 (No. 2) can cherry pie filling
1 lemon or vanilla cake mix
1 1/2 cubes butter
1/2 c. chopped nuts

Grease a 9 x 12 x 2-inch pan. Dump pineapple over bottom. Dump cherry mix over same. Shake dry cake mix over fruit. Slice butter over all and sprinkle with nuts. Bake 1 hour at 350°. Top with Cool Whip (optional).

Faith Missildine
Chief's Office

ELEANOR'S FRUIT PUNCH BARS

2 eggs
1 1/2 c. sugar
1 lb. 1 oz. can fruit cocktail (undrained)
2 1/2 c. flour
1 1/2 tsp. soda
1/2 tsp. salt
1 tsp. vanilla
1 1/3 c. flaked coconut
1/2 c. chopped walnuts

Grease and flour 15 x 10 x 1-inch jellyroll pan. Beat eggs and sugar in a large mixing bowl at high speed until light and fluffy. Add fruit cocktail, flour, soda, salt and vanilla. Beat at medium speed until well blended, scraping sides and bottom of bowl. Spread in pan. Sprinkle with coconut and walnuts. Bake at 350° for 20 to 25 minutes or until golden brown. While hot, drizzle glaze. Cool and cut into bars.

Glaze:

3/4 c. sugar
1/2 c. butter
1/4 c. evaporated milk
1/2 tsp. vanilla
1/2 c. chopped walnuts

Combine all ingredients, except walnuts, in small saucepan. Bring to a boil; boil 2 minutes, stirring constantly. Remove from heat; stir in walnuts and then cool.

Eleanor Hjelmeland, Wife of
the late Lt. Richard Hjelmeland

FAVORITE CHERRY COBBLER

1 1/3 c. sugar, divided
2 Tbsp. butter
1 c. flour
1 tsp. baking powder
3/4 c. milk
1 (16 oz.) can pitted sour cherries

Blend together 1 cup of sugar with butter. Sift flour and baking powder together. Add to the sugar-batter mixture alternately with milk, blending well after each addition. Meanwhile, heat cherries and remaining 1/3 cup sugar until sugar is dissolved. Turn batter into shallow 1 1/2 quart casserole; pour hot cherries on top. Bake at 350° for 30 to 35 minutes or until golden brown. Serves 6 to 8.

Pat Marshall
Traffic Investigation

FOUR LAYER DESSERT

1st Layer:

1 c. flour
1/2 c. chopped nuts
1 stick butter or margarine

2nd Layer:

8 oz. cream cheese, softened
1/2 pkg. medium Cool Whip

3rd Layer:

2 pkg. any flavor instant pudding
2 1/2 c. cold milk

1st Layer: Combine ingredients and press into 9 x 13-inch pan. Bake at 350° for 15 to 20 minutes or until light brown. Cool.

2nd Layer: Blend ingredients well and spread on top 1st layer.

3rd Layer: Mix ingredients and pour over 2nd layer.

4th Layer: Spread the rest of a medium container Cool Whip on top 3rd layer. Sprinkle with nuts, chocolate curls or candies for decoration. Refrigerate.

Wendy Chromey
Sgt. James Chromey

FRANGO MINTS

2 c. chocolate chips
1 1/2 c. powdered sugar
2 eggs
1/2 c. butter
2 tsp. vanilla
2 caps peppermint extract

Melt chips in double boiler, then cool. In another bowl, mix sugar, butter, eggs and vanilla, then beat. Add chocolate chips and mix again. Add extract flavoring; mix again. Drop by spoonful on waxed paper or into candy cups or molds.

Hint: Any extract may be used for flavoring, such as almond or mint. Refrigerate.

Marsha Boardman, Wife of
Trooper Marc Boardman

FRANGO MINTS

2 c. semi-sweet chocolate chips
1 c. milk chocolate chips or 8 oz. Hershey bar
3/4 c. margarine
1 1/2 c. plus 2 Tbsp. powdered sugar
3 eggs
1 1/2 tsp. vanilla
2 tsp. peppermint extract

Melt chocolate chips in double boiler. Let cool. Beat together margarine, eggs and sugar. Add vanilla, peppermint extract and melted chocolate. Pour into a foil lined 9 x 13-inch pan. Refrigerate until firm. Cut into small squares and store in refrigerator.

Pat Hill, WSP Academy

FRESH APPLE CAKE

3 c. flour
1 tsp. salt
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
3/4 c. oil
1 tsp. vanilla
4 c. chopped apples
2 eggs
2 c. sugar

Combine dry ingredients. Add oil, apple and vanilla. Mix together by hand. In separate bowl, beat eggs until light and fluffy; add sugar and fold into apple mixture. Bake at 350° for 60 minutes in 9 x 13-inch pan.

No need for frosting, it's moist and thick.

Tracy Kendall
Communications, D8

FRESH PEACH PIE

4 c. fresh sliced peaches
3 Tbsp. cornstarch
1 Tbsp. margarine
1 baked pie shell
1/2 c. water
1 c. sugar
1 tsp. vanilla

Put 1 cup peaches in blender. Add water, cornstarch and sugar; liquify. Cook over medium heat until thick. Add margarine and vanilla. Pour over sliced peaches in cool baked shell. Chill. Serve with whipped topping.

Susan Spencer
Ephrata Detachment

FRUIT AND NUT OATMEAL COOKIES

1 lb. margarine
2 c. brown sugar, firmly packed
2 c. granulated sugar
4 eggs
2 tsp. vanilla
2 tsp. baking soda
1 tsp. salt
8 c. oatmeal
2 c. raisins
2 c. dates, pitted ground
2 c. walnuts or pecans
2 c. coconut, shredded
2 c. chocolate chips (optional)

Preheat oven to 325°. Grease baking sheets; set aside. Cream margarine thoroughly; use large bowl. Beat in sugars and beat until light and fluffy. Beat in eggs and vanilla. Sift flour, soda and salt and mix into egg and sugar mixture. Add remaining ingredients and blend thoroughly. Chop raisins, dates and nuts in food processor. Add oatmeal last. Use hands on the final addition. This is extremely stiff dough. Roll mixture into walnut sized balls; press with fork. They will spread, but not too much. Bake at 325° for 15 minutes. Cool thoroughly. Store in airtight container. This makes 100 cookies.

Donna Brunetti
Access/WACIC

FUDGE SUPREME

3 c. sugar
3/4 c. margarine
1 large can evaporated milk (12 oz. or 13 oz. size)
1 (1/2 lb.) Hershey milk chocolate bar
12 oz. semi-sweet chocolate chips
7 oz. jar Marshmallow Creme
2 tsp. vanilla
1 c. chopped nuts (optional)

Bring sugar, margarine and milk to a full rolling boil, boiling 6 minutes on medium-high heat, stirring constantly. Remove from fire and stir in chocolate bar, chocolate chips and Marshmallow Creme. When melted and well mixed, add vanilla and nuts. Blend thoroughly, but do not beat, and pour into buttered 9 x 13-inch pan. Let stand overnight, then cut into squares. Makes 3 pounds.

Trooper and Mrs. Bill Bowers, D8

HAWAIIAN POUND CAKE

1 c. shortening
3 c. sugar
4 c. plain flour
1 c. butter
1 1/2 c. frozen coconut
1 c. milk
6 eggs
1 tsp. vanilla
1/4 tsp. salt
1 tsp. coconut flavoring
1 (8 oz.) can crushed pineapple (including juice)

Blend shortening, butter and sugar. Add eggs, one at a time. Blend well. Sift dry ingredients together and add alternately with milk and coconut, pineapple and flavoring. Bake at 325° for 1 hour and 45 minutes in large tube pan. Cool on rack for 10 minutes before removing from pan.

Heddy Godwin, Academy

GERMAN APPLE CAKE

2 large eggs
1 c. salad oil
2 c. sugar
2 c. sifted flour
2 tsp. cinnamon
1 tsp. vanilla
1 tsp. baking soda
1/2 tsp. salt
4 c. diced apples
1/2 to 1 c. nuts, chopped

Beat eggs and salad oil until foamy. Add sugar, flour, cinnamon, vanilla, soda and salt mixture. Add apples and nuts. Pour into greased and floured 9 x 13-inch pan. Sprinkle with brown sugar. Bake 45 to 60 minutes at 350°.

Jerri Harpel,
former Records section

GERMAN PEACH PIE

1/2 c. sugar
1 c. whipping cream
2 Tbsp. flour
1 pie shell for 9-inch pie

Line pie pastry with canned or fresh sliced peaches.

Mix sugar, whipping cream and flour together and pour over peaches. Bake in 450° oven for 10 minutes, then turn oven down to 350° and bake for 20 to 30 minutes.

Sue Offerdal, Wife of
Trooper Larry Offerdal, D8

GERT'S CHOCOLATE APPLE CAKE

3 eggs
2 c. white sugar
1 c. margarine or butter
1/2 c. water
2 1/2 c. unsifted flour
2 Tbsp. cocoa
1 tsp. cinnamon
1 tsp. allspice
1 c. chopped nuts
1/2 c. chocolate mint chips
2 apples, grated
1 Tbsp. vanilla

Beat eggs, sugar, margarine or butter and water until fluffy. Sift dry ingredients together and add to creamed mixture. Fold in nuts, chocolate mint chips, apple and vanilla. Grease Bundt cake pan or angel food cake pan. Bake at 325° approximately 60 minutes. Make sure oven is a good hot 325°.

Kathy Anderson, Wife of
Trooper Tom Anderson, D8

GRMA'S CHOCOLATE CHIP COOKIES

3 c. Crisco
1 1/2 c. white sugar
3 c. brown sugar
6 eggs, whipped well
3 tsp. soda
3 tsp. salt
6 Tbsp. vanilla
7 c. flour
1 large bag chocolate chips

Whip the Crisco well and add white sugar, brown sugar, eggs, soda, salt and vanilla separately and whip well after each one. Stir in flour and then the chips. Freeze the dough 24 hours. Thaw and make your cookies. Bake at 375° for 15 to 18 minutes. Makes about 10 dozen cookies. M-m-m-m good.

Darla J. Schierberg
Identification Section

GRANDFATHER'S APPLESAUCE CAKE

2 1/2 c. hot applesauce, unsweetened
2 c. sugar
1 c. shortening
4 tsp. soda
2 1/2 c. flour
2 Tbsp. cocoa
1 tsp. each salt, nutmeg and cinnamon
1/2 tsp. each cloves and allspice
raisins
nuts

Mix applesauce, sugar, shortening and soda and let stand until cool. Add dry ingredients. Add raisins and nuts if desired. Bake at 350° for 45 to 60 minutes in 9 x 13-inch pan. We prefer it slightly undercooked.

Frances Ham
WACIC Control

HEAVENLY HASH

2 sticks oleo
2 c. sugar
4 Tbsp. cocoa
1 1/2 c. flour
1 tsp. vanilla
4 whole eggs
1 c. chopped nuts

Mix all together. Beat well. Bake in 9 x 13-inch greased pan at 350° for 25 to 30 minutes. Take from oven and cover with icing:

1 box powdered sugar
1 stick oleo
1/2 c. Pet milk
1 tsp. vanilla
4 Tbsp. cocoa

Faith Missildine
Chief's Office

HUCKLEBERRY/APPLE PIE

approximately 4 c. huckleberries
2 to 3 grated apples
2 1/2 Tbsp. tapioca
3/4 to 1 c. sugar
1/2 tsp. cinnamon
1/4 tsp. salt

Spoon into pastry-lined pan; dot with 1 to 2 tablespoons butter. Cover with top crust. Slit to let steam escape. Bake at 375° to 400° for 40 to 50 minutes.

Mrs. Ray Kladnik, Wife of
retired CVEO III, D3

ICING FOR GERMAN CHOCOLATE CAKE

1 c. evaporated milk
1 c. sugar
3 egg yolks
1/2 c. butter
1 tsp. vanilla
1 1/3 c. coconut
1 c. chopped nuts

Mix together milk, sugar, egg yolks, butter and vanilla. Cook 12 minutes or until thick. Remove from heat and add coconut and nuts.

Ralaine Eklund
Secretary, D3

KENTUCKY PECAN PIE

1/2 c. sugar
1/2 c. brown sugar
2 eggs
1 stick butter, melted
1 unbaked pie shell
1 c. whole pecans
1 c. chocolate chips
2 Tbsp. bourbon

Combine sugar and eggs; beat until mixture is light beige. Combine butter, pecans, chocolate chips and bourbon. Fold 2 mixtures together; pour into unbaked 9-inch pie shell. Bake at 375° for 40 minutes.

Elaine Rathbun
Vehicle Inspections, D2

LEMON BARS

2 c. flour
1 c. butter or margarine
1/2 c. powdered sugar
4 eggs
2 c. granulated sugar
4 Tbsp. lemon juice (5 for more lemony taste)
1/2 tsp. salt
1 tsp. baking powder

Mix flour, butter and powdered sugar and blend like pie crust. Press into 9 x 13-inch pan. Bake 20 minutes at 325° until firm. Mix remaining ingredients together. When mixture is thick and fluffy, pour over baked crust and bake again, 20 to 25 minutes at 325°. (Don't overbake.) Cut into small pieces when cool.

Dorothy Petersen
Traffic Investigation

LEMONADE PIE

Crust:

2 1/2 c. graham cracker crumbs
1/2 c. sugar
1/2 c. butter, melted

Filling:

1 large carton Cool Whip
1 (12 oz.) can frozen lemonade
1 can Eagle Brand milk
1 (20 oz.) can crushed pineapple
1 c. chopped nuts

Crust: Mix together and pour into two 9-inch pie pans. Shape into crust.

Filling: Drain pineapple thoroughly; set aside. Place Cool Whip, frozen lemonade and Eagle Brand milk into mixing bowl and whip until very stiff. Fold in pineapple and nuts. Pour into pie crust and refrigerate until serving time. Yield: two 9-inch pies.

Yvonne Haas, Wife of
Trooper Mark Haas, D4

LEMON SQUARES

Crust:

1 c. flour
1/4 c. powdered sugar
1/2 c. soft butter

Filling:

1 c. sugar
1/2 tsp. baking powder
1/2 tsp. salt
2 Tbsp. lemon juice
2 eggs

Mix flour, butter and sugar together. Grease 9 x 13-inch pan, especially sides. Press crust into pan. Bake 15 to 20 minutes at 350° until lightly browned.

Beat together the sugar, baking powder, salt, lemon juice and eggs until frothy. Pour over crust and bake 20 minutes more. While warm, sprinkle with powdered sugar. Cool and cut into squares.

Academy Kitchen

LIME CHOCOLATE FASCINATION

1 (3 oz.) lime gelatin
1 pkg. Dream Whip
2 c. hot water
1 c. sugar
1/4 c. lime juice
2 tsp. lemon juice
green food color
2 c. chocolate wafer crumbs (8 oz. pkg.)
1/2 c. melted butter

Dissolve and chill gelatin until partly congealed. Whip until fluffy. Stir in sugar, lime and lemon juice and a few drops of food coloring. Fold in whipped Dream Whip. Combine cookie crumbs and butter; reserve 1/2 cup crumbs. Press remaining crumbs into 9-inch square pan. Add gelatin mixture. Sprinkle 1/2 cup crumbs on top. Chill overnight or until firm. Serves 9.

Judy Blair, Wife of
Trooper Malcom Blair, D6

LITTLE BITS CHEESECAKE

1 1/4 c. graham cracker crumbs
2 Tbsp. sugar
1/4 c. butter, melted
2 (8 oz.) pkg. cream cheese
3/4 c. sugar
1/2 c. sour cream
1 Tbsp. vanilla extract
4 eggs
1 c. Nestle's Little Bits semi-sweet chocolate

Preheat oven to 325°. In small bowl, combine graham cracker crumbs, 2 tablespoons sugar and butter; mix well. Pat firmly into 9-inch spring-form pan, covering bottom and 1-inch up sides; set aside. In large bowl, beat cream cheese until light and creamy. Gradually beat in 3/4 cup sugar. Mix in sour cream and vanilla. Add eggs, one at a time, beating well after each addition. Pour half the batter into crumb lined pan; sprinkle 1/2 cup Little Bits. Pour remaining batter over top; sprinkle with remaining Little Bits. Place in shallow pan filled with about 1 inch water. (If pan doesn't clip together securely, wrap bottom with aluminum foil to prevent water seeping in.) Bake 50 to 55 minutes or until only a 2 to 3 inch circle in center will shake. Cool at room temperature; refrigerate until ready to serve.

Jo Collier, Secretary FOB and
wife of Trooper Gene Collier

LUSCIOUS LEMON BARS

Crust:

1 c. soft butter
dash of salt
1/2 c. powdered sugar
2 c. flour

Filling:

4 eggs
2 c. granulated sugar
1/4 c. flour
6 Tbsp. lemon juice

Crust: Combine all ingredients and mix well. Press mixture into 9 x 13-inch pan. Bake in 350° oven for 15 minutes, until nicely browned. Set to cool a little while making filling.

Filling: Combine flour and sugar. Mix in beaten eggs and lemon juice. Pour onto the slightly cooled crust. Bake at 350° for 25 minutes or until set. Sprinkle with powdered sugar. Makes 3 dozen 1 1/2-inch bars.

Wandalee Jeffries
Records Section

MINT BROWNIES

1 c. sugar
1 cube butter
4 eggs
2 c. Hershey's syrup
1/2 tsp. baking powder
1 c. flour

Brownies: Cream sugar, butter and eggs. Blend in syrup and add flour and baking powder. Bake in greased 9 x 13-inch pan for 25 minutes at 350°. Cool and frost.

Mint Frosting:

1 cube butter
2 c. powdered sugar
2 Tbsp. milk
1 tsp. mint flavoring
dash of green coloring

Mix and spread over brownies.

Chocolate Glaze:

1 cube butter
6 oz. chocolate chips

Melt together. Pour over mint frosting.

Academy Kitchen, given to us by Sgt. Kim Zangar

MINT SPECIAL

1 cake mix (devil's food) or 1 recipe brownies
1 stick butter
6 oz. chocolate chips

Frosting:

1 cube butter or margarine
2 c. powdered sugar
2 Tbsp. milk
1 tsp. peppermint extract
dash of green food coloring

Cool cake. Frost with frosting and refrigerate until frosting sets. (Frosting covers 9 x 12-inch cake.) Melt butter and chocolate chips together (microwave 1 minute); smooth out lumps. Slightly cool, then pour over entire cake or pan of brownies (runs). Afterwards, refrigerate to set up chocolate coating. Best served after sitting at room temperature until chocolate softens and it's easier to cut.

Leona Cramer
Traffic Investigation

MISSISSIPPI MUD

4 beaten eggs
2 sticks butter
1/3 c. cocoa
1 1/2 c. flour
2 c. sugar
dash of salt
1 1/2 c. pecans
2 tsp. vanilla
1 jar marshmallow cream

Frosting:

1/2 stick butter
1/3 c. cocoa
1/3 c. milk
1 tsp. vanilla
1 box powdered sugar

Melt butter and cocoa together in saucepan. Cool slightly and gradually add eggs. Mix flour, sugar and salt and stir into mixture. Add vanilla and pecans and mix well. Pour into greased 9 x 13 x 2-inch pan and bake 25 minutes at 375°. As soon as done, spread with marshmallow cream.

Frosting: Melt butter, cocoa, milk and vanilla in a saucepan. Stir in powdered sugar and blend well. Pour mixture on top and spread.

Carolyn Adams, Wife of
Lt. Tom Adams, D8

MOLASSES CRINKLES

3/4 c. shortening
1 c. brown sugar
1 egg
1/4 c. molasses (light or dark)
2 1/4 c. sifted flour
1/4 tsp. salt (optional)
2 tsp. baking soda
1 tsp. ginger
1/4 c. granulated sugar

Cream shortening and sugar. Add beaten egg and molasses; mix. Sift dry ingredients and add; mix well. Chill; shape in balls the size of walnuts and dip 1 side in sugar. Place sugar side up on cookie sheet 2 to 3-inches apart. Bake 12 to 15 minutes at 350°.

Mrs. Robert R. Rupp (Alice),
Wife of retired Lt. and Benton Co. Sheriff

MONSTER COOKIES

3 c. peanut butter
2 cubes margarine
6 eggs
1 lb. brown sugar
2 c. sugar
4 tsp. soda
1 1/2 tsp. vanilla
1 1/2 Tbsp. corn syrup
9 c. oatmeal (quick)
12 oz. chocolate chips*
2 c. raisins

*May substitute M&M's for chocolate chips.

Mix ingredients in order listed: peanut butter, margarine, eggs, brown sugar, sugar, soda, vanilla, corn syrup, oatmeal, chocolate chips and raisins. Use either heaping teaspoonfuls or tablespoonfuls. Makes 86 large cookies, even more small ones. Bake at 325° to 350° for 7 to 10 minutes, depending on size. Take out before they look done for real chewy cookies. Batter keeps for 2 weeks in refrigerator or can be frozen.

Lynette Bruett, Wife of
Cpt. Roger Bruett, Academy

MRS. FUNKHOUSER'S FROSTING

1/4 c. butter or margarine
3 Tbsp. flour
3/4 c. milk
2 tsp. vanilla
1/2 c. butter or margarine
3/4 c. granulated sugar

Melt butter, flour and milk in saucepan, beginning with butter, adding flour and gradually stirring in milk. Cook, stirring constantly, until mixture thickens and comes to boil.

Cool to room temperature and add vanilla. Cream butter and sugar until fluffy. Gradually add cooked mixture and beat until fluffy and spreadable.

Wonderful on lemon cake!

Trooper Bill Bowers and
wife, Judy, D8

NO BAKE COOKIES

2 c. sugar
1 cube margarine
1/2 c. milk
3 c. oats
1 small pkg. chocolate chips
1 Tbsp. vanilla
1 c. coconut
1 c. nuts

Bring sugar, margarine and milk to boil. Add remaining ingredients; mix. Drop on wax paper.

Peggy Cothren
Records Section

NO-STIR COBBLER

3 Tbsp. butter
1 c. sifted flour
1 c. sugar
2 tsp. baking powder
1/4 tsp. salt
3/4 c. milk
1 (No. 303) can peach slices and syrup
cinnamon to taste

Melt butter in 9 x 9-inch pan. Sift together flour, sugar, baking powder and salt. Gradually add milk to flour mixture and stir until fairly smooth. Spoon batter evenly over melted butter. Do not stir. Put peach slices (or cherries work well) evenly on batter. Do not stir. Drizzle syrup over batter. If using cherries, sprinkle about 1/4 to 1/2 cup sugar over cherries along with cinnamon. Bake 1 hour or until batter rises to top and is lightly brown.

Judy Blair, Wife of
Trooper Malcom Blair, D6

OATMEAL CAKE

1 c. quick oatmeal
1 1/4 c. boiling water
1/2 c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
1 1/3 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon

Coconut Topping:

6 Tbsp. melted butter
3/4 c. brown sugar
1/2 c. nuts
1 c. coconut
1/4 c. canned milk or cream
1 tsp. vanilla

Combine oatmeal and boiling water; let stand 20 minutes. Cream shortening and sugars; beat in eggs one at a time. Sift dry ingredients; stir into creamed mixture. Stir in oatmeal. Bake in 8 x 12-inch pan at 350° for 35 to 40 minutes. Cool thoroughly.

Coconut Topping: Combine ingredients and spread over top of cake and broil 2 to 3 minutes or until lightly browned.

Trooper and Mrs. Bill Bowers, D8

ORANGE COOKIES

1 c. shortening
4 Tbsp. orange juice
1 tsp. baking soda
2 tsp. grated orange rind
2 2/3 c. sifted flour
1 tsp. salt

Cream shortening and sugar. Add remaining ingredients and mix well. Shape teaspoons of dough into balls. Place on greased cookie sheet and press down with fork. Bake at 375° for 10 to 15 minutes.

Carol Alexander
Communications, D1

ORANGE MACAROON BARS

1/4 c. soft margarine
1 c. sugar
1 egg
1 tsp. grated orange peel
1 c. sifted flour
1 tsp. baking powder
2 Tbsp. frozen orange juice concentrate (undiluted and thawed)
1/2 tsp. salt
1 c. flaked coconut

In medium bowl, cream butter and sugar. Beat in egg, orange rind and undiluted orange juice concentrate. Stir in flour, baking powder, salt and coconut. Spread in greased 8 x 8-inch pan. Bake at 350° for 40 to 50 minutes. Cool.

Judy Blair, Wife of
Trooper Malcom Blair, D6

OUR FAVORITE OATMEAL COOKIES

1 c. shortening
1 c. sugar
1 tsp. vanilla
2 eggs
2 c. flour
1 tsp. soda
1 tsp. nutmeg
1 tsp. cinnamon
2 c. quick oatmeal
1 c. cooked raisins plus 5 Tbsp. raisin liquid

Put raisins in a saucepan. Cover with water and bring to a boil; simmer for a few minutes. Drain and reserve 5 tablespoons of the raisin liquid. Cream shortening and sugar. Add vanilla and eggs and then the raisin liquid. Add flour, soda, nutmeg and cinnamon, then the oatmeal and raisins. Drop from a teaspoon onto greased cookie sheet. Bake at 400° until lightly browned, 8 to 10 minutes.

Diane Klundt
Clerk-Typist, D7, Mt. Vernon

PANN KAKES FLATENN

1 1/2 c. flour
2 c. milk
1 egg
oil
cinnamon and sugar

Blend ingredients in blender or by hand mixer until batter is runny. Heat large round skillet over medium heat (325°). Put 1 teaspoon oil in skillet. Pour approximately 1/2 cup batter in skillet, tipping skillet in circle until batter has spread across bottom of skillet. Cook approximately 5 minutes. Turn over; cook 2 minutes. Remove from pan. Butter kake; sprinkle cinnamon and sugar on it and roll up.

Sandy Rowland
Identification Section

PEANUT BUTTER BALLS

8 Tbsp. margarine
4 c. powdered sugar
2 c. crunchy peanut butter
12 oz. or larger pkg. chocolate chips
1/4 to 1/2 bar paraffin wax, shaved or cut up

Mix margarine, powdered sugar and peanut butter into 1-inch balls. Melt chocolate chips and paraffin wax in bowl in microwave until melted, stirring every 1 or 2 minutes so the

chocolate won't burn. Dip balls, covering completely. Dry on waxed paper. Refrigerate what you don't eat.

Wendy Chromey, Wife of
Sgt. James Chromey, Academy

PEANUT BUTTER CHOCOLATES

1 lb. box confectioners sugar
1 3/4 c. crushed graham crackers
1 1/2 c. peanut butter
2 sticks margarine
1 c. nuts

Mix well and form in 1-inch balls. Place on cookie sheet and refrigerate for 1 hour or more.

Melt 1 large package chocolate chips and 1/3 bar of paraffin wax in double boiler over boiling water. Remove from heat. Dip peanut butter balls into chocolate one at a time, coating thoroughly. Drain on wax paper lined cookie sheet and cool until chocolate hardens. May be stored in refrigerator or freezer.

Peggy Cothren
Records Section

PEANUT BUTTER COOKIES

1 c. peanut butter
1 c. butter, shortening or margarine
1 c. sugar
1 c. brown sugar
2 eggs
2 1/2 c. flour
1 tsp. baking powder
1 1/2 tsp. soda
1/2 tsp. salt

Cream together peanut butter, butter and sugars; add eggs. Add dry ingredients and mix until blended. Place on cookie sheets in round slightly smaller than a walnut. (We use a number 40 scoop, but a teaspoon will do.) Flatten crisscross with a fork. Bake 10 to 12 minutes at 350° on ungreased pan.

Academy Kitchen

PEAR SPICE CAKE

1 1/2 c. each sugar and salad oil
2 tsp. each baking powder, soda and ground cinnamon
1/2 tsp. each ground ginger and salt
2 c. all-purpose flour
4 eggs
3 medium firm ripe pears (about 1 3/4 c. total)*
1/2 c. chopped almonds or walnuts
Cream Cheese Frosting (recipe follows)

*I use canned pears, well drained. Also good with 3 to 4 bananas.

In a large mixer bowl, combine the sugar, oil, baking powder, soda, cinnamon, ginger, salt and flour. Beat on medium-high speed for 5 minutes. Beat in eggs, 1 at a time. Peel and core pears and cut into 1/2-inch chunks. By hand, fold pears and nuts into batter. Spoon into an ungreased 9 x 13-inch glass baking dish. Bake in a 325° oven until a wooden pick inserted into center comes out clean, about 1 hour. Cool on a wire rack; spread frosting on top. Serves 12.

Cream Cheese Frosting:

1/4 c. butter or margarine
1 small pkg. (3 oz.) cream cheese
1 tsp. vanilla
2 1/2 c. sifted powdered sugar

Beat margarine, cream cheese and vanilla until smooth. Beat in powdered sugar.

Cherry Bowen
Traffic Investigation

PETITE CHERRY CHEESECAKE

2 (8 oz.) cream cheese
3/4 c. sugar
2 eggs
1 Tbsp. lemon juice
1 Tbsp. vanilla
18 to 24 vanilla wafers
1 can cherry pie filling

Beat cream cheese, sugar, eggs, lemon juice and vanilla together until light and fluffy. Line 18 to 24 muffin pan with paper. Place a vanilla wafer in each or crush with rolling pin. Fill 2/3 full with filling. Bake at 350° for 15 to 20 minutes, until set. Watch carefully as they burn easily on bottom. Remove from oven. Top each with 1 tablespoon cherry pie filling. Chill at least 4 hours. They freeze well.

Denise Poe
Records Section

PIE CRUST MIX

5 c. flour
2 c. shortening
1 1/2 tsp. salt
2 tsp. baking powder
1 egg
1 Tbsp. vinegar

Sift flour, salt and baking powder; add shortening.

Beat egg in 8 ounce cup. Add vinegar and fill with water. Add to flour mixture. Recipe makes 8 to 9 pie shells. Stack with Saran Wrap between and freeze.

Use two for double crust pie.

Betty Kelley, Wife of
retired Lt. Col. Ron Kelley

PIE PASTRY

1 1/4 c. shortening
3 c. flour
1 egg
5 Tbsp. water
1 Tbsp. vinegar
1 tsp. salt

Cut shortening into flour. Beat egg, water, vinegar and salt; add to flour. Makes enough for 3 single pie crusts.

Cherry Bowen
Traffic Investigation

PILLSBURY PLUS DREAM SQUARES

1 pkg. Pillsbury Plus white cake mix
1 1/4 c. rolled oats
1/2 c. butter, softened
1 egg
21 oz. can cherry pie filling
1/2 c. chopped nuts
1/4 c. firmly packed brown sugar

Combine cake mix, 6 tablespoons butter and 1 cup rolled oats; mix until crumbly. Reserve 1 cup crumbs for topping. To remaining crumbs, add 1 egg; mix until well blended. Press into prepared greased 13 x 9-inch pan. Pour cherry pie filling over crust. To reserved crumbs, in large bowl, add remaining 1/4 cup rolled oats, 2 tablespoons butter, nuts and brown sugar. Beat until thoroughly mixed. Sprinkle over cherry mixture. Bake at 350° for 30 to 40 minutes or until golden brown. Cool completely. If desired, serve with a dollop of whipped cream. Serves 12.

Paulette Speed
Secretary, FOB

PINTO BEAN PIE

1 1/2 c. sugar
1/2 c. melted butter
1 Tbsp. vanilla
1 c. mashed pinto beans
1 unbaked pie shell
3/4 c. pecans or walnuts

Combine sugar, butter, vanilla and pinto beans; mix

well. Pour into pie shell. Sprinkle pecans or walnuts on top. Bake at 350° until firm. Tastes like pecan pie!

Andriene Peterson
Kathy Quackenbush,
Identification Section

PIZZA COOKIES

1/2 c. butter
3/4 c. brown sugar
1 tsp. vanilla
1/2 tsp. baking soda
1/2 tsp. baking powder
pinch of salt
1 egg
3/4 c. flour
1 c. oatmeal
1/2 c. M&M's
1 c. chocolate chips
1/2 c. coconut
1/2 c. walnuts

Preheat oven to 350°. Grease a 12-inch pizza pan. Combine the butter, brown sugar, vanilla, baking soda, baking powder, salt and egg; mix well. Add remaining ingredients. Spread evenly in pan, leaving a 1 or 2-inch border. Bake 13 to 15 minutes.

Can be cut in wedges.

Sue Offerdal, Wife of
Trooper Larry Offerdal, D8

POTATO CHIP COOKIES

1 1/2 c. white sugar
1 1/2 c. butter or margarine
3 c. flour
1 1/2 c. crushed potato chips
1 c. finely chopped walnuts
2 egg yolks
4 tsp. vanilla

Cream butter with sugar. Add yolks; beat well. Add flour and vanilla, then fold in nuts and potato chips by hand. Make small balls; flatten on cookie sheet with a fork. Bake at 350° for 12 to 15 minutes. Remove from oven and dust with powdered sugar. Freezes well.

Vivian Morisset
Retired, Academy

POPPY SEED CAKE

1 yellow cake mix (without pudding)
1/2 c. oil
1 small vanilla pudding (instant)
4 eggs
1/2 c. rum
1/2 c. poppy seed

Mix ingredients together for 2 minutes. Pour into

greased tube (Bundt) pan. Bake at 350° for about 25 minutes. If desired, frost with glaze made of powdered sugar, water and rum.

Marsha Ginter, Wife of
Trooper Don Ginter, Academy

PUMPKIN CAKE

1 yellow cake mix (save 1 c.)
1 stick melted butter
1 beaten egg

Mix with fork. Put in a 9 x 13-inch greased pan (it will be thick).

Filling:

1 large can pumpkin
3 eggs
1/2 c. packed brown sugar
1/4 c. sugar
1/2 tsp. cinnamon
2/3 c. milk

Mix ingredients and pour over cake mix.

Topping:

reserved cake mix
1/2 c. sugar
1/2 c. nuts

Crumble with 1 stick margarine over the top of cake. Bake at 350° for 50 to 55 minutes.

Jan Larson, D8
Secretary

PUMPKIN SURPRISE

1 large can solid packed pumpkin
5 beaten eggs
1 1/2 c. sugar
1 large can evaporated milk
3 to 4 tsp. pumpkin pie spice
1 yellow cake mix
1 1/4 c. margarine or butter
1 1/4 c. chopped nuts

Heat oven to 325°. Mix pumpkin, eggs, sugar, evaporated milk and pumpkin pie spice well and pour into a 9 x 13 x 2-inch pan. Sprinkle cake mix over pumpkin mixture in pan. In small saucepan, melt margarine, then add nuts. Spoon onto cake mix to form a crunchy topping. Bake at 325° for 1 hour and 15 minutes. Serve with whipped topping. Yummy!

Joan LaReva
District I, Tacoma

RAISIN CREAM PIE

3 eggs
1 c. sour cream
1 c. sugar
2 c. raisins
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves
pinch of salt

In a bowl, mix together all ingredients. Pour into a 9-inch pastry lined pie shell; cover with crust. Bake at 400° for 10 minutes. Lower to 350° and bake 30 to 35 minutes longer or until done.

Trooper Dick Stewart, D7

RASPBERRY JELLO DESSERT OR SALAD

1 1/2 c. crushed pretzels
1/2 c. sugar
1/2 c. soft butter

Mix and put in bottom of 9 x 13-inch pan. Bake at 350° for 5 to 7 minutes. Cool.

8 oz. cream cheese, softened
1 c. sugar
8 oz. Cool Whip
6 oz. raspberry Jell-O
2 (10 oz.) frozen raspberries
2 c. boiling water

Cream sugar and cream cheese; fold in Cool Whip. Put on top of pretzels. Mix Jell-O with boiling water. Thaw raspberries slightly in microwave. Put in blender for short time. Add to Jell-O and thicken in refrigerator. Put on top of Cool Whip.

Make this the day before.

Trooper Dick Stewart, D7

RAW APPLE CAKE OR FRESH APPLE-RAISIN CAKE

2 c. sugar
2 eggs, well beaten
1/2 c. oil
2 1/2 c. flour
1 tsp. salt
2 tsp. cinnamon
4 c. apples, peeled and sliced
1 c. nuts
1 c. raisins
2 tsp. soda
2 tsp. vanilla

Beat sugar, eggs and oil in mixer bowl until thick and lemon-colored. Add dry ingredients and vanilla; mix well. Batter will be thick. Fold in apples, nuts and raisins. Spoon into greased and floured 12-cup Bundt pan. Bake at 325° for 1 hour. Cool in pan on wire rack. Invert onto serving plate.

Garnish with confectioners sugar or serve with whipped topping.

Laura (Heye) Alverson,
retired Administrative Assistant

RHUBARB SUPREME

4 to 5 c. rhubarb
3/4 c. sugar
1/2 c. butter
1 c. flour
1 tsp. baking powder
3/4 c. milk

Cut rhubarb in pieces and place in pan or 2 quart baking dish. Cream sugar and butter. Add dry ingredients and milk. Place this mixture over rhubarb. Mix 1 cup sugar, 1 tablespoon cornstarch and a pinch of salt. Spread this over batter. Pour 1 cup boiling water over all. Bake at 350° for 1 hour.

Sandy Morgan, Wife of
Sgt. Barry Morgan, D3

ROLL-OUT COOKIES

2 1/4 c. flour
1 1/2 c. powdered sugar
1/2 c. (1 stick) butter
1 egg
1 1/2 tsp. vanilla
1 tsp. cream of tartar
1/2 tsp. baking soda
1/4 tsp. salt

Mix all dry ingredients in a large bowl, then add wet ingredients and blend in. Dough will be stiff and sticky. If too dry, add a small amount of milk. Flour a board and roll out the dough to desired thickness. Cut cookies into desired shape and put on an ungreased baking sheet. Heat oven to 350°. Bake cookies for 10 to 15 minutes. Cookies may be frosted with a blend of powdered sugar, food coloring and either milk or butter. The number of cookies resulting depends on thickness and size of the cookies rolled out. This recipe can be multiplied to make large batches at one time.

Carolee J. Edwards
Communications, D5

RHUBARB CRUMB CAKE

1/2 c. shortening
1 1/2 c. brown sugar
1 egg
2 c. flour
1 tsp. vanilla
1 tsp. soda
dash of salt
1 c. sour cream
1/2 c. chopped nuts
1 1/2 c. chopped rhubarb

Topping:

1/2 c. sugar
1 Tbsp. butter or margarine
1 tsp. cinnamon

Cream shortening and sugar. Add the egg. In a separate bowl, combine flour, soda and salt. Add this to creamed mixture. Blend in sour cream; add vanilla and chopped nuts. Fold in chopped rhubarb. Pour into greased 9 x 13-inch pan and bake at 350° for 35 to 40 minutes.

Topping: Mix with fork the sugar, cinnamon and butter until crumbly. Sprinkle over top before baking.

Jan Gates, Wife of
Trooper Frank Gates, D6
Kathie Tobin, Communications, D6
Lynette Bruett, Wife of
Cpt. Roger Bruett, Academy

SALTED PEANUT COOKIES

2 c. brown sugar
1 c. margarine
2 eggs
2 c. quick oatmeal
1 c. corn flakes
2 c. flour
1 tsp. baking powder
1/2 tsp. soda
1/4 tsp. salt (optional)
1 c. salted peanuts (Spanish)
1 tsp. vanilla

Beat sugar, softened margarine and eggs together for 2 minutes. Sift flour, baking powder, soda and salt together and add to egg-sugar mixture. Add vanilla. Add cereals and salted peanuts and mix well. Batter is very thick and may need to be mixed with hands. Drop by teaspoon 2 inches apart on cookie sheet. Bake at 350° for 8 to 10 minutes, until golden brown.

Mary Maltby, Wife of
Deputy Chief Dick Maltby

SEE'S FUDGE

1 (12 oz.) pkg. chocolate chips
1 cube margarine
2 c. powdered sugar
1 large raw egg

Melt together the chips and margarine. Cream together the powdered sugar and egg. After melting the chips and margarine, stir together with creamed egg and sugar. Pour into pan and set in refrigerator.

If you like, add raisins, nuts, marshmallows, etc.

Mary Lawrence
Identification Section

SHERRI'S NO-BAKE COOKIES

4 c. sugar
2/3 c. margarine
1/2 c. dry powdered milk
1 c. water
1/2 c. dry cocoa
1 c. peanut butter
6 c. rolled oats
1 Tbsp. vanilla

In saucepan, mix sugar, margarine, dry milk and water; heat until mixture boils. Stir occasionally. Remove from heat. Add oats, cocoa, peanut butter and vanilla. Mix ingredients thoroughly; drop by tablespoonful onto cookie sheet covered with wax paper. Let cool. (May be refrigerated while cooling.) Store in covered container.

Bonnie Jackson
Communications, D1

SIGMA TAU CAKE

2 c. sugar
2 c. flour
1 tsp. soda
1 1/2 sticks margarine
2 Tbsp. cocoa
1 c. water
1/2 c. buttermilk
2 eggs
1 tsp. vanilla

Mix together sugar, flour and soda; set aside. Mix margarine, cocoa and water and bring to a boil. Combine both mixtures, buttermilk, eggs and vanilla. Stirring constantly, combine all ingredients together and pour into a greased cookie sheet with edges or a jellyroll pan and bake at 350° for 20 minutes.

Frosting:

1/4 c. butter
2 Tbsp. cocoa
1 tsp. vanilla
3/4 box powdered sugar
2 Tbsp. milk
1/2 c. chopped nuts
1/2 c. coconut

Mix and frost cake while hot.

Nancy Ballard
Personnel Section

SPICED BLUEBERRY SAUCE

2 c. fresh or frozen blueberries
1 tsp. pumpkin pie spice
1/2 c. sugar
1 Tbsp. cornstarch
2 Tbsp. brandy or orange juice (frozen)
1/4 tsp. cinnamon (optional)

Combine all ingredients in a medium saucepan. Bring to a boil over medium heat, stirring to dissolve sugar. Reduce heat and simmer uncovered for 5 minutes. Serve hot or cold.

Good over cheesecake, hot cakes, waffles or ice cream.

Trooper Hank Edwards
and wife, Fran

STRAWBERRY GLAZE PIE

1 c. fresh strawberries
1 c. water
3/4 c. sugar
3 Tbsp. cornstarch
few drops of red food coloring

Crush strawberries and cook with water about 2 minutes; sieve. Combine sugar and cornstarch; stir into berry juice. Cook and stir until thickened and bubbly. Add food coloring. Place 1 1/2 cups fresh strawberries in baked and cooled 8-inch pastry shell. Pour half the sauce over. Repeat layers with 1 1/2 cups berries and remaining sauce. Chill.

Mary Bruhn
Accident Records

STRAWBERRY PIE

2 c. sifted flour
1 tsp. salt
2/3 c. shortening
5 to 7 Tbsp. milk
1/8 c. sugar
3 pt. washed and sliced strawberries
1/4 c. sugar
1 jar Marie's strawberry glaze
1 qt. Cool Whip

Mix flour, salt, shortening and milk for pie crust. Roll out onto a floured surface to cover oblong baking dish. Roll sides down inside dish to form edge. Sprinkle with sugar and prick several air holes in bottom with fork. Bake crust in 425° oven 5 to 6 minutes, until done. Don't brown. Remove from oven and cool. Mix remaining ingredients in mixing bowl, except 1 1/2 cups strawberries for garnish. Add sugar and

glaze and mix lightly with other ingredients in bowl. Spread mix onto crust. Top with whipped cream and remaining strawberries. Refrigerate until served.

Kathy Height, Wife of
Trooper Mike Height, D8

STRAWBERRY CAKE

1 box strawberry Jell-O
1 box white cake mix
1/2 c. oil
1/2 c. water
4 eggs
1 (10 oz.) pkg. frozen strawberries

Add Jell-O, oil and water to cake mix. Beat until smooth; add eggs one at a time. Beat well. Add strawberries and mix with spoon. Make 3 layers or use 9 x 13-inch pan. Bake 30 to 50 minutes at 350° (or until done).

Frosting:

1 stick margarine
1 box powdered sugar

Add enough strawberry juice to moisten. Beat for 5 to 6 minutes, until sugar is dissolved and frosting is fluffy.

Ralaine Eklund
Secretary, D3

SUZEE'S PEANUT BRITTLE

1 c. sugar
1/2 c. light corn syrup
1/8 tsp. salt
1 1/2 c. roasted salted peanuts
1 Tbsp. butter
1 tsp. vanilla
1 tsp. soda

Combine sugar, corn syrup and salt in 2 quart casserole dish or mixing bowl. Microwave at High for 5 minutes. Stir in peanuts and microwave 2 to 5 minutes, stirring after 2 to 4 minutes or until syrup and peanuts are lightly browned. Stir in butter, vanilla and soda until light and foamy. Spread on cookie sheet, lightly buttered. When cooled, break into pieces. Store in airtight container.

Suzee Smith, Chief's Office

TEXAS SHEATH CAKE

2 c. sugar
2 c. flour
2 sticks margarine (1 c.)
3 Tbsp. cocoa (unsweetened)
1 c. hot water
1/2 c. buttermilk or sour milk
2 eggs, slightly beaten
1 tsp. soda
1 tsp. vanilla
1/2 c. margarine
3 Tbsp. cocoa
1/2 c. milk
1 box powdered sugar
1 tsp. vanilla
1 c. nuts (optional)

Sift together sugar and flour. Bring margarine, 3 tablespoons cocoa and water to rapid boil. Pour boiling mixture into sifted flour and sugar. Mix well and add buttermilk, eggs, soda and vanilla. Mix and pour into greased and floured jellyroll pan. Bake at 375° for 20 minutes. During last 10 minutes baking time, make icing by bringing to boil in same saucepan as previously used the margarine, 3 tablespoons cocoa and milk. Remove from heat and add powdered sugar, vanilla and nuts. Spread on hot cake.

Trooper Bill Bowers, D8,
and wife, Judi Bowers

TEXAS CHOCOLATE CAKE

2 c. sugar
2 c. flour
1/2 c. shortening
1 stick butter or margarine
1 c. water
4 Tbsp. cocoa
1/2 c. buttermilk
2 eggs, beaten
1 tsp. vanilla
1 tsp. soda

Sift together sugar and flour. In saucepan, bring to a boil the shortening, butter, water and cocoa. Pour over flour mixture while still hot. Add buttermilk, beaten eggs, soda and vanilla. Bake in a large cookie sheet with sides that have been greased and floured in a 400° oven for 20 minutes. While baking, make icing.

Icing:

1 stick butter or margarine
4 Tbsp. cocoa
6 Tbsp. milk
1 box powdered sugar
1 tsp. vanilla
1 c. chopped nuts

Bring to a boil butter, cocoa and milk. Add powdered sugar, vanilla and nuts. Spread on cake while both are hot.

Paulette Speed, Secretary, FOB
Peggy Cothran, Records Section

TOFFEE BARS

1 c. shortening
1 c. brown sugar
1 egg
1 tsp. vanilla
1/2 tsp. salt
2 c. sifted flour
1 c. chocolate chips

Beat together shortening, sugar and egg. Stir in flour and salt. Lightly pat into 9 x 13-inch baking pan. Bake at 350° for 20 minutes. Remove from oven and sprinkle with chocolate chips. Return to oven for 3 or 4 minutes. Spread chocolate chips smoothly with back of spoon. Cut while still warm. Place in refrigerator to harden.

Yvonne Haas, Wife of
Trooper Mark Haas, D4

TURTLE BROWNIES

1 German chocolate cake mix
3/4 c. margarine, melted
1/3 c. evaporated milk
1 c. nuts
1/2 c. evaporated milk
1 bag caramels
1 c. chocolate chips

Combine dry cake mix with melted margarine and 1/2 cup evaporated milk. Spread half the batter in a greased 9 x 13-inch pan and bake at 350° for 5 minutes. Cool completely.

Melt caramels with 1/3 cup evaporated milk and drizzle over cooled cake. Sprinkle chocolate chips over this and also chopped nuts. Drop remaining batter by teaspoonfuls over all and bake at 350° for an additional 18 to 20 minutes.

Denise Poe, Records Section

TURTLE CAKE

1 box German chocolate cake mix
1 (14 oz.) bag caramels (handful less)
1/2 c. evaporated milk
1/2 c. butter
2 c. chopped pecans
1 c. chocolate chips

Prepare the cake mix according to directions on the package. Pour 1/2 the batter into a greased 9 x 13-inch pan. Bake at 350° for 20 minutes.

Meanwhile, melt caramels with the evaporated milk and butter over low heat. Pour over partially baked cake. Sprinkle chopped pecans and chocolate chips over the caramel mixture. Pour remaining cake batter over all and continue baking 25 minutes.

Maggie Overdahl, Wife of
Trooper Peter S. Overdahl, D3

VANILLA WAFER CAKE

3/4 c. margarine
1 1/2 c. sugar
6 eggs
1/2 c. milk
1 c. chopped pecans
1 (12 oz.) pkg. vanilla wafers (3 c. crumbs)
1 1/3 c. flaked coconut

Cream margarine. Gradually add sugar; beat until fluffy. Add eggs one at a time; beat well after each. Alternately fold in crumbs and milk. Stir in 1 cup pecans and coconut (batter may appear curdled). Spoon into 9-inch tube pan, greased and floured. Bake at 350° for 1 hour and 10 minutes. Cool. Drizzle frosting down sides and sprinkle with chopped pecans.

Cake can be baked in a 13 x 9-inch pan for 45 to 50 minutes.

Jan Larson
Secretary, D8

VINEGAR PIE CRUST

4 c. flour
2 c. shortening
1 tsp. salt
1 tsp. baking powder
1 Tbsp. sugar
1/2 c. cold water
1 egg
1 Tbsp. cider vinegar

Mix together flour, shortening, salt, baking powder and sugar thoroughly. In small bowl, mix together cold water, egg and vinegar. Add to dry ingredients. Makes 2 double crust pies or 4 single pie crusts. This pie crust freezes well.

Mrs. Ray Kladnik, Wife of
retired CVEO III, D3

WACKY CAKE WITH GREAT FROSTING

Wacky Cake:

3 c. flour
2 c. sugar
6 Tbsp. cocoa
1 tsp. salt
1 tsp. soda
3/4 c. or 12 Tbsp. oil
2 Tbsp. vinegar
2 c. water
2 Tbsp. vanilla

Great Frosting:

1 c. milk
5 Tbsp. flour
1 c. sugar
1 c. butter
1 tsp. vanilla

Combine cake ingredients. Bake at 350° until done, about 30 to 35 minutes in cake pan (sheet or oblong).

Frosting: Cook milk and flour over medium heat to thick paste. Cool to room temperature. Add sugar, butter and vanilla. Beat until fluffy.

Wendy Chromey, Wife of
Sergeant James Chromey

WAFFLE IRON COOKIES

2 sq. unsweetened chocolate
1 c. butter
2 eggs
3/4 c. sugar
1 c. flour
1 tsp. vanilla

Melt chocolate and butter together. Add eggs and sugar and beat well. Add flour and vanilla and mix again. If batter seems too thick, add 1 to 2 tablespoons water and mix. Bake in medium hot waffle iron for 1 minute. These are great warm and also work well for ice cream sandwiches.

Mary Maltby, Wife of
Deputy Chief Maltby

WHISKEY CANDY

2 1/2 c. sugar
1/4 c. light corn syrup
1/8 tsp. baking soda
1 Tbsp. butter
1 c. evaporated milk (not condensed milk)
2 Tbsp. blended whiskey (Crown Royal)
3 c. pecan halves

Combine the sugar, syrup, baking soda, butter and evaporated milk. Cook slowly until candy thermometer reaches 242° (firm ball). Remove candy from the heat and add whiskey.

Stir in pecans and beat until candy thickens and looks creamy. Drop spoonfuls onto wax paper and let cool. If desired, place additional pecan half on each piece. Yields about 2 pounds or 3 dozen pieces.

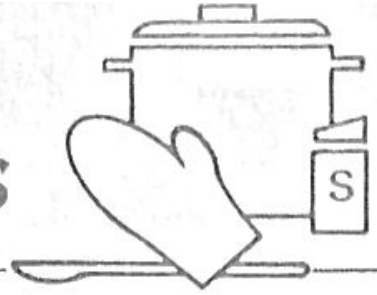
Sgt. Bill Ford, Fiscal Office

<<< Extra Recipes >>>

<<< Extra Recipes >>>

BEVERAGES MICROWAVE & MISC.

Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid — milk, broth, bouillon or wine — will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind — they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water — potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water — English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours — then wrap without worrying about them sticking together.

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ALMOND JOY

3/4 oz. dark creme de cacao
3/4 oz. Amaretto
2 oz. half and half
2 oz. whipping cream
crushed ice

Place all ingredients in blender and blend until smooth. Serve in tall narrow glass.

Sgt. Bill Ford, Fiscal Office

DIABETIC BAR-B-QUE SAUCE

4 Tbsp. tomato paste
1 Tbsp. dehydrated onions
1 tsp. Worcestershire sauce
1 tsp. lemon juice
1 tsp. minced garlic
dash of cayenne red pepper
1 c. diet Pepsi or Coke
1 tsp. salt

Mix all ingredients in order listed: tomato paste, onions, Worcestershire sauce, lemon juice, garlic, cayenne pepper, Pepsi and salt. Bring to full boil. Reduce heat; simmer 5 minutes.

Use on chicken, pork, fish, franks, etc.

Jackie Jerome, Wife of
Roy Jerome, Access WACIC

FANCY JALAPENO SALSA

approximately 1 lb. pork steak or roast
1 large onion
1 to 2 cloves garlic
4 c. tomatoes (or 29 oz. can)
2 c. tomato sauce (or 15 oz. can)
1/2 c. mild green peppers (or 4 oz. can)
jalapenos to taste (I use 9 to 12 fresh ones or one 4 oz. can, sometimes hard to find)
salt to taste

Cube pork into small pieces; brown. Dice onion. Add to browning pork. Cook until transparent. Add chopped garlic and remaining ingredients. Add 5 cups water; simmer 3 to 4 hours. Should cook down to sauce consistency. My favorite pan is an aluminum 6 quart Dutch oven. Recipe will cook down to about 10 cups of salsa. Serve hot. Will keep in refrigerator for 7 to 10 days. Can be frozen. Good on most anything.

Terri Bishop
District IV Secretary

GREEN APPLE

(Alcoholic Drink)

1 oz. vodka
3/4 oz. Midori
2 oz. sweet/sour mix
1/4 oz. Rose's lime
7-Up

Mix together. Fill glass with 7-Up. Makes 1 serving. Refreshing!

Marsha Brown, Wife of
Trooper "Ev" Brown, Academy

HOT BUTTERED RUM

1 lb. butter
1 qt. ice cream
1 lb. brown sugar
1 lb. powdered sugar
1 tsp. cinnamon
1/2 tsp. nutmeg
pinch of allspice
vanilla to taste

Blend well. Will keep for weeks in the refrigerator and may be used to make individual drinks, spooning on top of liquor and hot water mixture.

Mae Matthews, Retired
Records Section

INSTANT RUSSIAN TEA

2 c. instant Tang
1 1/2 to 1 3/4 c. sugar
1 tsp. cinnamon
1/2 tsp. cloves
2 pkg. Wyler's lemonade (4 scoops)*
1/2 c. instant tea

*Minute Maid may be substituted.

Mix ingredients and store in airtight container. Serve 1 to 3 teaspoons to a cup of boiling water (depending on your taste).

Note: One to 2 teaspoons liquid honey may be added to soothe a sore throat. One ounce of rum may be added as needed.

Trooper L. George Abrams
Research and Development

MICROWAVE LASAGNE

12 wide lasagne noodles
1 (15 1/2 oz.) jar Ragu spaghetti sauce
1 (4 oz.) can tomato sauce
1 1/2 lb. ground beef
3 tsp. chopped parsley
2 tsp. garlic powder
pepper to taste
2 c. grated Mozzarella cheese
1 1/2 c. cottage cheese
Parmesan cheese

Cook noodles in boiling salted water until tender; remove and drain. Brown ground beef; drain and add spaghetti sauce, tomato sauce, parsley, garlic powder and pepper. Lower heat and simmer 5 to 10 minutes. Place 3 noodles on bottom of oblong baking dish. Spoon meat sauce over noodles. This is in 3 layers, so divide your sauce. Sprinkle Parmesan cheese generously. Add 1/3 of Mozzarella cheese. Drop cottage cheese by teaspoon and spread around. Continue same for second layer. Use remaining sauce and cheese, omitting cottage cheese, for top layer. Cover with Saran Wrap and microwave 8 to 10 minutes, until hot and bubbly. Let set 10 to 15 minutes. Cut into pieces.

Kathy Height, Wife of
Trooper Mike Height, D8

MICROWAVE POTATO CHIPS

(No Fat, No Cholesterol, No Salt)

baking potatoes
nonstick cooking spray

Spray round glass cooking pan with nonstick cooking spray. Slice potatoes very thin. Place in single layer on bottom of dish. Microwave on High 10 minutes. Store in airtight container.

Note: Slice only enough potato to cover baking dish each time.

Colleen McKee, Parks Dept.
Trooper Rick Hawley, D6

RHUBARB BLUEBERRY JAM

4 c. sugar
7 c. rhubarb, cut up
1 can blueberry pie filling
1 large pkg. raspberry Jell-O or 2 small pkg.

Stir sugar, cut up rhubarb and blueberry pie filling together. Let stand for 2 hours, then bring to boil. Boil 15 minutes. Remove from heat. Add Jell-O; stir until dissolved. Put in jars and seal with wax.

Betty Games, Wife of
retired General Repairer
Phil Games

TANGY PARTY PUNCH

1 (46 oz.) can pineapple/grapefruit mix
1 large can (12 oz.) frozen orange juice
1 1/2 large cans (18 oz.) frozen lemonade

Mix orange juice and lemonade with water as directed on cans. Mix all ingredients together several hours before serving. Chill.

Very good as is. Can also add several quarts ginger ale just before serving or vodka to taste.

Frances Ham
WACIC Control

TERIYAKI MARINADE

1/2 c. soy sauce
1/4 c. brown sugar
2 Tbsp. olive oil
2 tsp. dry ginger
1/2 tsp. monosodium glutamate (optional)
1/4 tsp. cracked pepper
2 cloves garlic, minced

Combine ingredients. Mix well.

Use for marinating chicken, steak, shish kabob meat and for barbecue glaze.

Wendy Chromey, Wife of
Sgt. James Chromey, Academy

TOM AND JERRY BATTER

6 to 8 eggs
1 box powdered sugar
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
rum
whiskey
hot water

Separate eggs and beat yolks. Add powdered sugar as needed and beat until it will stand in peaks. Add cinnamon, cloves and nutmeg and mix. Beat egg whites and fold into batter with spoon.

Drink: Put 3 or 4 tablespoons batter in cup. Add water (hot), rum, whiskey or both to taste.

Mae Matthews, Retired
Records Section

TOTALLY SWEET PURPLE PASSION

(Non-Alcoholic Beverage)

4 qt. grape juice
1 qt. lemon juice
1 qt. pineapple juice
9 qt. club soda
4 c. sugar
prefrozen ice ring
maraschino cherries (garnish)

Dissolve sugar into 2 cups hot water. Place ice ring in a large container. Add ingredients and gently stir to mix. Place cherries into serving glass. Makes about 140 small servings.

Note: Recipe from Elma High School Student Newspaper.

Marsha Brown, Wife of
Trooper "Ev" Brown, Academy

TURKEY DRESSING

3 eggs
1 tsp. salt
1 c. chopped celery
3 1/2 c. uncooked popcorn
3 c. uncooked rice
garlic to taste

Mix well. Stuff turkey loosely. Bake at 350° until popcorn pops and blows the rear end right off that turkey!

Maggie Overdahl and
Trooper Peter S. Overdahl, D3

WINE SLUSH

1 bottle Rose wine
1 large can lemonade (frozen)
1 1/2 cans water
1 small can frozen orange juice
1 large can frozen grape juice

Mix all ingredients together and freeze in containers.

To Serve: Mix equal parts frozen mixture and lemon-lime soda in a glass. Stir.

Susan Spencer
Ephrata Detachment

<<< Extra Recipes >>>

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TERMS USED IN COOKING

APPETIZER — *A small serving of food served before or as the first course of a meal.*

ASPIC — *A transparent jelly, usually meat, which has been boiled down to become firm when cold*

BATTER — *A mixture of flour or liquid that can be beaten or stirred.*

BISQUE — *A rich thick cream soup made from fish.*

BLANCH — *To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.*

BOUILLABAISE — *A chowder made from several varieties of fish and wine.*

BOUILLON — *Clear soup made from lean beef or chicken.*

BRAISE — *To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.*

CARAMEL — *Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.*

CHICORY — *A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.*

CIDER — *The juice from pressed apples used as a beverage or to make vinegar.*

CLARIFY — *To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.*

COBBLER — *A fruit pie with a rich biscuit dough made in a deep-dish.*

COCKTAIL — *An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.*

CRACKLINGS — *Crisp particles left after fat has been fried out.*

CROQUETTES — *Chopped meat held together by eggs, shaped and dipped into crumbs then fried.*

DOUGH — *A mixture of flour and liquid that is stiff enough to be kneaded.*

DRIPPINGS — *Liquids resulting from meat being cooked.*

ENTREE — *A dish served between the chief courses, before the roast.*

FONDUE — *A dish made of cheese, eggs, etc.*

FRITTERS — *Vegetables or fruit covered with batter then fried in deep fat.*

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COATSPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

YOUR DAILY NUTRIENTS

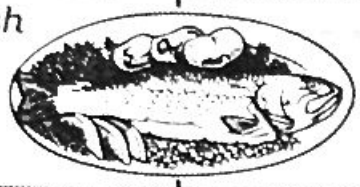
Food	Average Adult	Average Child
MEAT OR FISH	1 or more servings of wide variety. Liver once a week	Same as Adult
MILK	1 pint	1 quart
EGGS	1 egg. Dried peas or beans may be substitued 3 times a week.	Same as Adult
VEGETABLES	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
FRUITS	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
BREADS AND CEREALS	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
BUTTER OR VITAMIN FORTIFIED	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk
B1 (Thiamin)	For good appetite, good digestion and steady nerves	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic Acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy greens, milk.

Helpful Cooking Hints

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
Meats, Casseroles	Beef Stew, Steak, Veal, Lamb, Venison	Meats, Stews, Sauerbraten		Curries of Meat, Veal, Mildly hot casseroles	Veal, Pork, Spareribs, Lamb Stew
Poultry, Seafood	Chicken, Duck, Fish, Seafood cocktails	Poached fish 	Fish dishes	Chicken, Fish, Shrimp, Chicken salad	Fish dishes, Chicken salad
Vegetables, Pickles, Preserves	Tomatoes, Potatoes, Peas, Squash, Herb Butter	Pickled beets, Relishes	Potato dishes, Vegetable garnish	Various vegetables, Pickled carrots, Green bean sticks	Potatoes baked or boiled, Tomatoes, Beans, Pickles, Garnish
Eggs And Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Noodles, Spaghetti	Spanish rice, Spaghetti dishes			Oriental touch to rice	Buttered noodles
Soups, Salads, Sauces	Bean, Mock turtle, Potato soups, Tossed salads	Vegetable and Fish soups, Tomato sauces and Gravies, Marinades	Various Soups and Salads	Gravies, Flavor teaser in soups, Chili sauce, Shrimp sauce	Fish and Vegetable salads, Butter sauce, Cream sauce
Pies, Breads, Cakes				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	GINGER	MARJORAM	OREGANO	SAGE	TARRAGON
When You Fix: ↓	Aromatic pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats, Casseroles	Pot roast, Pork, Veal, Beef Casseroles	Stuffing for all meats, Ragouts, Stew, Beef, Veal, Pork Roasts, Lamb, Sausage	Pork, Veal and Lamb dishes, Meat Loaf, Stews, Chili	Stuffing for meat dishes, Veal and Pork dishes, Pork roast, Sausage Hamburgers	Beef and Veal dishes
Poultry, Seafood		Chicken and fish dishes, Stuffed fish, Fish chowder	Roast duck, Fish chowder	Poultry	Fish and chicken dishes, Chicken cacciatore, Lobster
Vegetables, Pickles, Preserves	Pickles, Preserves, Chutney, Vegetable combos	Scalloped potatoes and tomatoes, Dressing for broccoli, cabbage, spinach	Hash brown pototoes, Dried beans, Lentils	Vegetable loaves, Beans, Tomatoes	Potatoes, Tomatoes, Beets, Spinach, Pickles
Eggs and Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Spaghetti, Noodles		Spaghetti sauce	Spaghetti with meat sauce, Pizza		
Soups, Salads, Sauces	Soups, Chicken broth, Gravies, Fruit salad, Whipped cream	Soups, Salad dressing, Green vegetables, salads	Vegetable and Fish dishes	Salads	Tartar sauce, Sweet-sour sauce, Fish sauces, Green salads, Aspics
Breads, Pies, Cakes	Cakes, Soft cookies and crisp snaps, Pie crust and filling				

Things You Should Know About Meat, Poultry or Seafood

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

How Much To Buy

	Meat	Weight or Measure	No. of Servings
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to 2
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2½ to 3½ pounds	3 to 5
	Broilers	1 to 2½ pounds	2 to 3
	Roasters	2¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (Shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (schucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

Retail Cuts | Wholesale Cuts | Retail Cuts

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
ASPARAGUS	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water.	
		Cut up	8-10 mins.
		Whole spears	10-15 mins.
BEANS, Green or Wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
NAVY BEANS, Dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1½ hours
BEETS	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
BROCCOLI	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water.	15-20 mins.
		Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	10-15 mins. Total
BRUSSELS SPROUTS	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
CABBAGE, Green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
CARROTS	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme..	20-25 mins. Whole
CAULIFLOWER	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, $1^1/_8$ inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes;		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Coca (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

QUANTITIY COOKING

Food	25 Servings	100 Servings
MEAT, POULTRY OR FISH		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
SANDWICHES		
Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads
SALADS, CASSEROLES		
Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gal.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
VEGETABLES		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½-3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2-4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾-1 pound
Grain products -		
Cereal, flour, whole grain	2-2½ pounds	3-4 pounds
Meat, fish and poultry	4-4½ pounds	5-5½pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5-7 pounds
Potatoes	1-1½ pounds	2-3 pounds
Sugars and sweets	½-1 pound	1-1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) . . 2 tablespoons flour.

1 cup sifted cake flour . . . 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk . . 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) . . . 3 or 4 tablespoons cocoa plus ½ tablespoon fat.

1 cup sifted all-purpose flour . . . 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk . . . . . 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.

1 cup cream, sour, thin . . . . . 3 tablespoons butter and ¾ cup milk in sour milk recipe.

1 whole egg . . . . . 2 egg yolks for custards.

1 cup molasses . . . . . 1 cup honey.

1 package active dry yeast . . . . 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated . 1 small fresh onion.

1 tablespoon prepared mustard . 1 teaspoon dry mustard.

FAVORITE RECIPES

Recipe Name **Page No.**

Notes

Appetizers, Relishes & Pickles

Soups, Salads & Sauces

Meats & Main Dishes

Vegetables

Breads, Rolls & Pastries

Cakes, Cookies & Desserts

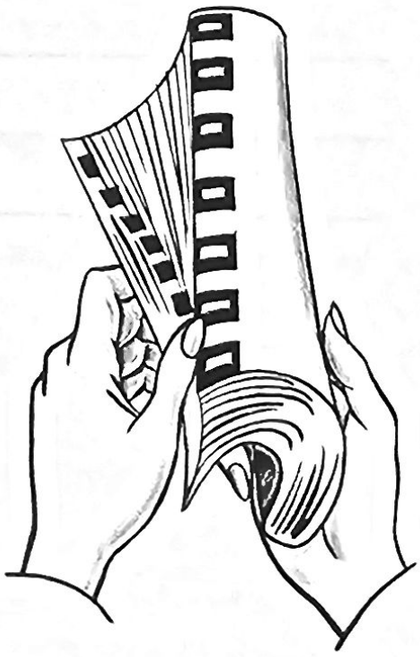
Beverages, Microwave & Misc.

The Recipe For Successful Fund Raisin

Fundcraft

Personalized Community Cookboo

Here's How To Use Your Thumb Index: Place thumb on black tab of the item you want to find. Flip through until a black tab appears under your thumb.



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